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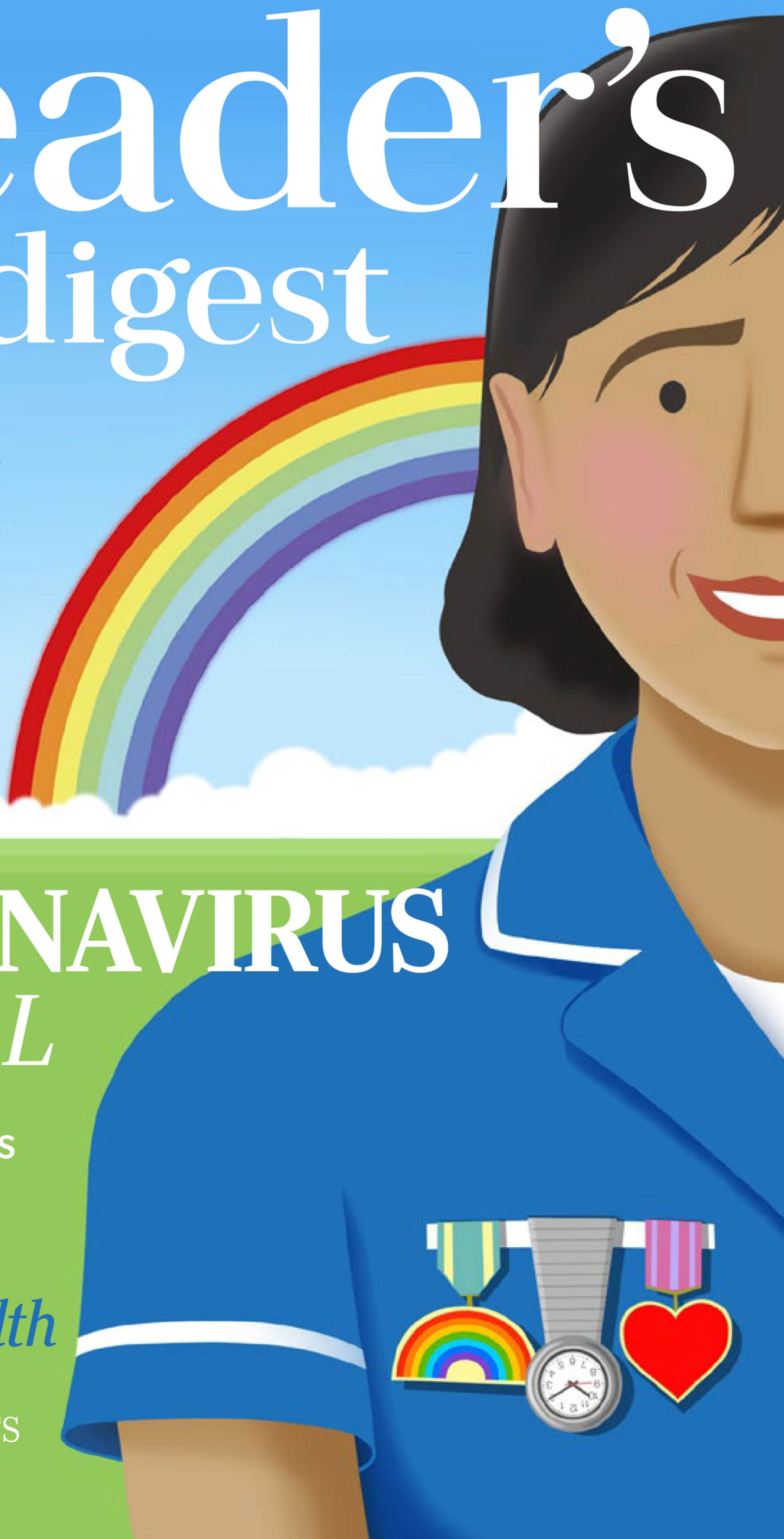
Dedicated To Our
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CORONAVIRUS SPECIAL

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TUNE INTO OUR PODCAST

Over the past year, *Reader's Digest* has navigated the woes and wonders of modern life, weighing in with leading experts on the everyday tools we need to survive and thrive in the modern world. And what better time than lockdown to catch up?

To subscribe to *Digested* and listen to all our episodes so far—including tips on sleep, the menopause and reducing your plastic consumption—visit **readersdigest.co.uk/podcast** or search “**Digested**” on iTunes.

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Reader's Digest

is published in 27 editions in
11 languages

SINCE ITS INCEPTION in 1922, *Reader's Digest* has been a witness to a number of critical periods of human history: wars, natural disasters, refugee and financial crises. With this special issue we hope to have created a record of the current global emergency for years to come; a reminder of the uniquely strange and frightening circumstances we have found ourselves in; but also a celebration of human perseverance, kindness and unity when faced with hardship.

Putting together this issue has brought us a dose of comfort and optimism. We hope reading it will do the same for you. In it, you'll find advice on how to look after your mental health in isolation, tips on how to stay safe when doing your food shop as well as inspiring true stories from coronavirus survivors and people who have used this time to reach out and help others. And, of course, it wouldn't be a *Reader's Digest* issue without a generous helping of brainteasers, fun trivia and culture recommendations.

Finally, we interview an NHS doctor about his experience of working on the front line as well as his hopes and concerns about the future. In the spirit of celebrating and supporting our healthcare heroes, we will be donating 20 per cent of all sales of this issue to NHS Charities Together. Until next time, look after yourself and stay safe.

Anna and Eva

11 Ways To Avoid Germs At The Supermarket

Before you head out to the supermarket, read up on these expert guidelines to ensure your safety

AVOIDING GERMS HAS always been a good idea, but never before has it seemed as important as right now, during the global coronavirus pandemic.

In fact, keeping yourself protected against the coronavirus could truly be a matter of life and death, which is why people are being more careful than ever before when they are undertaking basic day-to-day activities like going food shopping.

"Be patient and kind with one another. It used to be seen as a mundane weekly errand, but has become a task that requires more thought and preparation during

this COVID-19 pandemic crisis,” explains Lisa Larkin, MD, an internal medicine physician and CEO of msmedicine.com.

The good news is that there are several steps you can take to avoid germs and reduce your risk of infection or of infecting others during this time.

1 Go at times of the day when it's less busy

You might not be a morning person, but going to the supermarket bright and early when they're just opening might be your best option.

“By avoiding large groups of people, you decrease your risk of becoming infected, as the virus is mainly spread through close contact with other people,” says Jonas Nilsen, MD, and co-founder of Practio.

In addition, many shops sanitise overnight, so the environment, in general, is less germy. Many shops are also offering special morning hours where only senior citizens are allowed to shop—call ahead to find out if your regular supermarket is offering these.

2 Sanitise your shopping trolley or basket

Studies suggest that COVID-19 can live on surfaces for up to a few days, so wipe down the handles of shopping carts or baskets with a sanitising wipe. Some stores provide wipes, but not all do, especially

during this time of shortages, so it's best to bring your own.

Dr Larkin also suggests bringing extra wipes for opening the freezer and refrigerator door handles and sanitising your hands throughout the shopping experience.

3 Avoid touching your face while shopping

One of the easiest ways to spread the virus is by touching a contaminated surface and then touching your face, eyes, nose, or your mouth. This is a lot harder than it sounds, as a study published in the *American Journal of Infection Control* estimated that people touch their faces more than 20 times in a single hour. A homemade mask can also help prevent you from touching your mouth and nose. Learn how to make your own on p23.

4 Stay six feet away as you navigate the aisles

As much as possible, try to maintain a safe, six-foot distance from other shoppers.

“This may be as simple as choosing to avoid a crowded aisle and circling back a few minutes later,” says Dr Larkin.

Since other shoppers might not be as mindful as you are about maintaining social distance, try to be polite in your request that they keep their distance with a courteous, “excuse me.”



5 Be kind to others
Just as you're being thoughtful about your own health, be thoughtful about the health of others, suggests Dr Larkin. "If you have an elderly neighbour who needs help, see if you can shop for them or assist them with using an online and delivery option," she says. "Be patient and kind with one another, especially the workers keeping the shops open and functioning—and of course, if you are unwell, please stay home and don't expose others."

6 Bring disposable gloves for checkout
Antimicrobial wipes might

suffice for cleaning packaging such as jars, plastic containers, tins, and bottles, but Alexea M Gaffney-Adams, MD, an internist with additional subspecialty training in infectious diseases at Stony Brook Medicine, recommends going a step further during checkout.

"You don't want to contaminate your skin with an infectious virus and bacteria and the wipes can be drying and damaging to the skin," she says.

7 Avoid paying with cash
When possible, James Elder, DO, an internist at Texas Health Harris Methodist Hospital Southwest Fort Worth and Texas Health

Physicians Group, suggests using debit cards or other forms of electronic payment.

"This will reduce the need to touch paper money or coins, which can potentially carry germs," he says. If using electronic payments is not possible, he recommends cleaning hands immediately after touching cash or coins.

8 Sanitise your hands

After you're done shopping and before you get in your car or grab your car keys or phone, use hand sanitiser—it's the best way to clean your hands when water and soap are not available. Just be sure that the hand sanitiser contains at least 60 per cent alcohol, notes microbiologist Alex Berezow.

"Use a healthy plop and be sure to rub it all over the back of your hands as well," he says. "You should use enough sanitiser so that it doesn't evaporate as you rub your hands for ten to 15 seconds."

9 Leave bags outside upon returning home

When you get back to your house, leave the shopping bags outside the door and carry the food in separately.

"This can be annoying and take

some time, but will decrease the overall chance that any particles could be hanging around on the plastic or paper bags," says Lisa Saff Koche, MD.

10 Consider delivery or pick-up

As the situation progresses, it may be worth seeing if your supermarket will deliver or allow for an in-store pick-up. One of the best ways to reduce your risk is to avoid entering the shop altogether, notes Dr Larkin.

"Ask your delivery person to leave the shopping outside your door, or if picking up in the shop car park, leave the trolley at your boot so you can load them without interacting directly," she adds.

11 Clean packaging and fresh produce

Dr Larkin recommends rinsing your produce just as you would normally to remove any soil or debris.

"If you wish to wipe down jars, cans, and bottles before putting away, you can do so with a disinfectant wipe," she adds.

"You should also wash your hands after handling any products during food preparation to be extra cautious about avoiding contamination." ■





KEEP CALM

**Elisabeth Goldberg, a
therapist based in New
York, explains how she's
protecting her own mental
health through the
coronavirus pandemic**

ORIGINALLY PUBLISHED ON [RD.COM](https://rd.com) AND [RD.CA](https://rd.ca)

We're currently experiencing a mental health crisis, and you can add that to the long list of crises that have resulted because of the novel coronavirus. The focus is so much on physical health at present (and rightly so), but a lot of us are having to figure out how to deal mentally in this whole new world. And when I say "we," I'm definitely including myself!

I'm a relationship therapist in New City, New York, about 30 minutes outside of New York City, which is currently experiencing one of the biggest outbreaks of COVID-19 in the world.

We are under direction to stay at home. Me, my husband, and our two dogs only leave home to exercise outdoors or go to the grocery store (while still staying six feet away from any other human, of course).

Living this way has left me feeling incredibly stressed, anxious, and depressed. I've had depression and anxiety since I was ten years old and I've learned to manage them well as an adult. However this pandemic, and in particular the social distancing aspect, is unlike anything I've had to deal with before and it's throwing me for a serious loop.

My first reaction was anger

I was totally pissed off at all the people freaking out and hoarding, at the

news for adding to the hysteria, and I realised I was angry at myself too.

So much of my identity revolves around being a therapist and the thought that I needed to temporarily close my practice and stay home was very upsetting. I knew it would be irresponsible to stay open but I desperately wanted to hang on to my normal life—my link to my sanity. Clearly, I don't like change!

Keep working as much as I can

My work is my life and I love it so I'm doing whatever I can to keep as much normality there is possible, both for me and my clients. I can't work like I normally do (and trust me, doing therapy when you can't see peoples' facial expressions or body language is so much harder) but I can still be there for my clients in so many important ways online and over the phone.

My cry for help

As I transitioned my business to teletherapy—counselling clients mainly via phone and Skype—my feelings started to slide more and more towards depression.

I didn't have any physical appointments to look forward to and within just a few days I began to recognise the signs of depression in myself: I was irritable, constantly fighting with my husband, experiencing racing thoughts, lost my appetite, couldn't sleep, and stopped



showering. In the past, I've been suicidal and I could see myself getting dangerously close to that dark place again if I didn't do something right away to take care of my mental health.

Surprised to hear that a therapist is struggling to stay sane? Don't be! People expect us to always have our lives together but we are human. So here is what I—a therapist but also a person who struggles with depression and anxiety—am doing to stay sane during this remarkable coronavirus quarantine.

1. Make a schedule (but I don't beat myself up if I don't follow it)

Having a daily routine in my life is very comforting and this quarantine

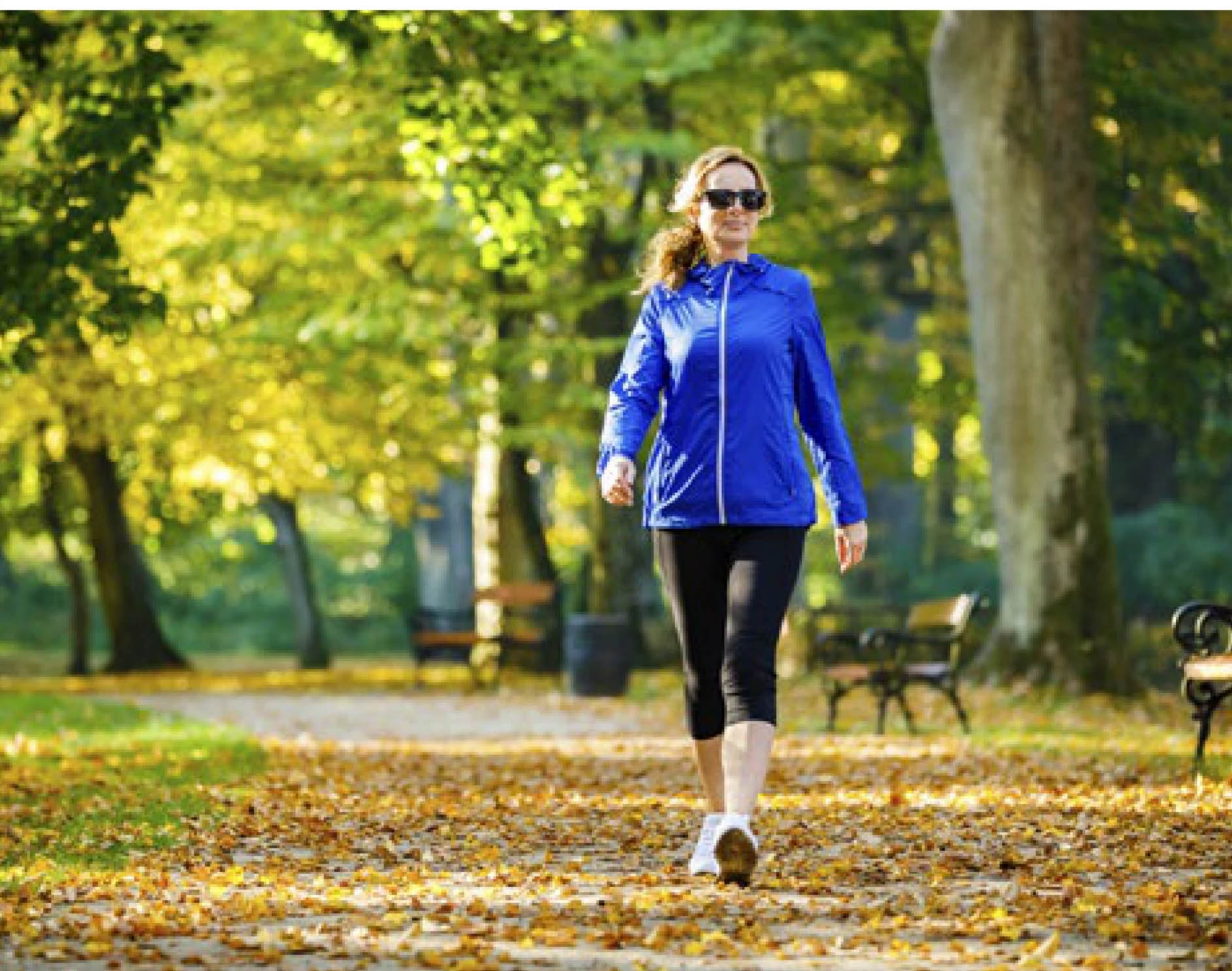
has completely upended it. I've been working on recreating a schedule to bring back that structure that I crave. However, I make it a point not to be strict about it and leave myself some room to change it as needed.

2. Talk to my therapist

Having a professional to talk to is one of the best things you can do for your mental health and, right now, I'm calling mine regularly. Don't be afraid to ask for help, whether that's talking to a friend, a therapist, or calling a crisis line if you feel yourself sliding into a dark place.

3. Take my meds

I'm on medication for my anxiety and depression and I'm using it, as



prescribed, to stay sane, which is its intended purpose. Now is not the time to try and wean yourself off of your medication.

It's also important to take these types of medication consistently and to be proactive in making sure to have at least a week's worth of medication in case of shortages.

4. Exercise every single day

Every day I take a run outside through the park. Out of everything, this has been the one thing that is helping me stay sane the most. It gives me time alone, helps quiet my brain, gets me outdoors, and causes a cascade of feel-good endorphins—just a few of the health benefits of exercise.

I've found that exercising has naturally helped me to regulate my

eating and sleeping patterns, again.

5. Have lots of sex

Sex is great for you mentally and physically and I've got all this time with my husband. So, why not take advantage of it?

Not only have we had fun trying new things in the bedroom but it helps us feel emotionally closer to each other. Plus, it's an amazing stress reliever!

6. Play with my pets

While having to take care of my dogs in our limited space can be stressful, they also provide lots of entertainment and comfort.

They are getting plenty of walks these days, which is good exercise for all of us! Simply petting a cat or dog immediately helps you feel a lot calmer.

7. Call my loved ones (no texting!)

Keeping in touch with my friends and family has become more important than ever, both for my good and their own!

I've found that calling people, rather than texting them, has led to much more fulfilling conversation and it's so comforting just to hear their voices.

Plus, you know they're not doing

much either so you don't have to worry about interrupting.

8. Write it out

Just as talking it out can be therapeutic, so can writing. You don't even have to make it an official journal, simply jotting down your thoughts on paper can help you feel happier and calmer.

9. More funny memes, less news

There is a lot of scary stuff out there about COVID-19 and if I allow myself to get caught up in all of it I'll lose my mind. I've mainly stopped watching the news and instead I love to look at funny memes online. It makes me laugh and reminds me that even though we're all isolated, we're still all in this together.

10. Get on social media

I post and comment on Instagram several times a day. This helps me feel connected with the outside world and stay up to date on how my friends and family are doing. Social media is often demonised—and it can be bad for your mental health if you're constantly comparing yourself to some imaginary ideal you see online—but during times like this, it can be a huge help in keeping you connected with your people.

11. Do whatever you need to do to get through this

People react differently in times of

crisis, so what works for me may not work for you—and that's OK!

The important thing is to find what daily things you can do to lift your spirits and stay sane. For some people that could be playing video games, while for others it could mean baking cakes, reading books, or planning the holiday that they'll take when this is over.

As long as you're not hurting yourself or engaging in any addictive behaviours, such as alcoholism, then there is no wrong way to get through this crisis!

12. Reach out to others

Everyone, but especially people with mental illnesses, are vulnerable during this time of social distancing because of feelings of isolation, neglect, and ostracisation—which can lead to disastrous and even tragic outcomes sometimes.

I fear that we will see an increase in suicidality during this pandemic, likely another side effect of this time. Just as we care for ourselves, it's just as important to look for others who may be struggling.

Be aware of people who are lonely and check in with them often.

Worried about yourself or someone harming themselves? Reach out to the Samaritans charity by phoning 116 123 or visiting their website

How Clean Are Your Parcels?

There are still a lot of unknowns regarding the spread of the novel coronavirus. But can you catch it by ordering things online?

ORIGINALLY PUBLISHED ON [RD.COM](https://rd.com) AND [RD.CA](https://rd.ca)

ARMED WITH HAND sanitiser, wet wipes, and the classic hot soap and water, it still takes a lot of time and effort to clean, sanitise, and disinfect everything in your vicinity.

Even though there are still a lot of unknown variables regarding the novel coronavirus, named COVID-19, the Centres for Disease Control and Prevention (CDC) in the US can still use insight from previous coronaviruses like SARS-CoV and MERS-CoV as a reference and guide.

What do the experts say?

According to the CDC's frequently asked questions section on its website, "It doesn't seem likely that the coronavirus can be spread through parcels or letters sent through the post."

"In general, because of the poor survivability of these coronaviruses on surfaces, there is likely very low risk of the virus spreading from products or packaging that are shipped to you over a period of days or weeks at ambient temperatures."

However, it's still always a sensible idea to wash your hands after handling your post.

If you're concerned about COVID-19, your Amazon package will most likely be OK by the time it reaches your doorstep.

"Coronaviruses are generally thought to be spread most often by respiratory droplets," the CDC website continues.

"Currently, there is no evidence that demonstrates the transmission of COVID-19 associated with imported goods."

What about infected postal workers?

Could coronavirus transfer from a postal worker to your package, and then to you?

"If a postman has the virus, and there are droplets transmitted to the package, it is theoretically possible to get the virus since it can live on surfaces for up to nine days,"

Darshan Shah, MD, founder and Medical Director at Next Health, tells *Refinery29*. But, again, while it's possible, it's still extremely unlikely. ■





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Making it count



After spending far too much time on apps and social media over the last few years, Gemma decided it was time for a change.

“I’d started to get really frustrated with how I was spending my spare time”, said Gemma, 54 from London. “One day, I realised I’d checked my phone over 100 times. Something had to give.”

“So, I deleted my social media apps from my phone and made a promise to myself to do something more positive with my time.”

At first, it wasn’t easy for Gemma to find things to do.

“I’m embarrassed to admit that I’d stopped reading as much over the last couple of years. But, then a friend recommended Readly to me. I’d always loved reading magazines and thought it was time to give them a go again.

The selection is amazing: food, fitness, lifestyle, culture, crafts and

hobbies are all covered. I’ve been using Readly in the evenings to relax instead of watching TV. I’ve also found it great for inspiration and ideas for new recipes. We’ve been doing some re-decorating, so the interior design section has been really helpful. Having so many past issues to browse through is just fantastic. I can’t think how much I would’ve had to spend to get all that content. If you read more than a couple of magazines, you’ll be saving money each month.

My husband loves the car, sport and business magazines. And we cuddle up and do the puzzles and crosswords together now as well!

As it’s a family membership, I’ve shared my subscription with my daughter who has started using it. She’s a teacher and loves getting inspiration from the kids news, science and history magazines.”

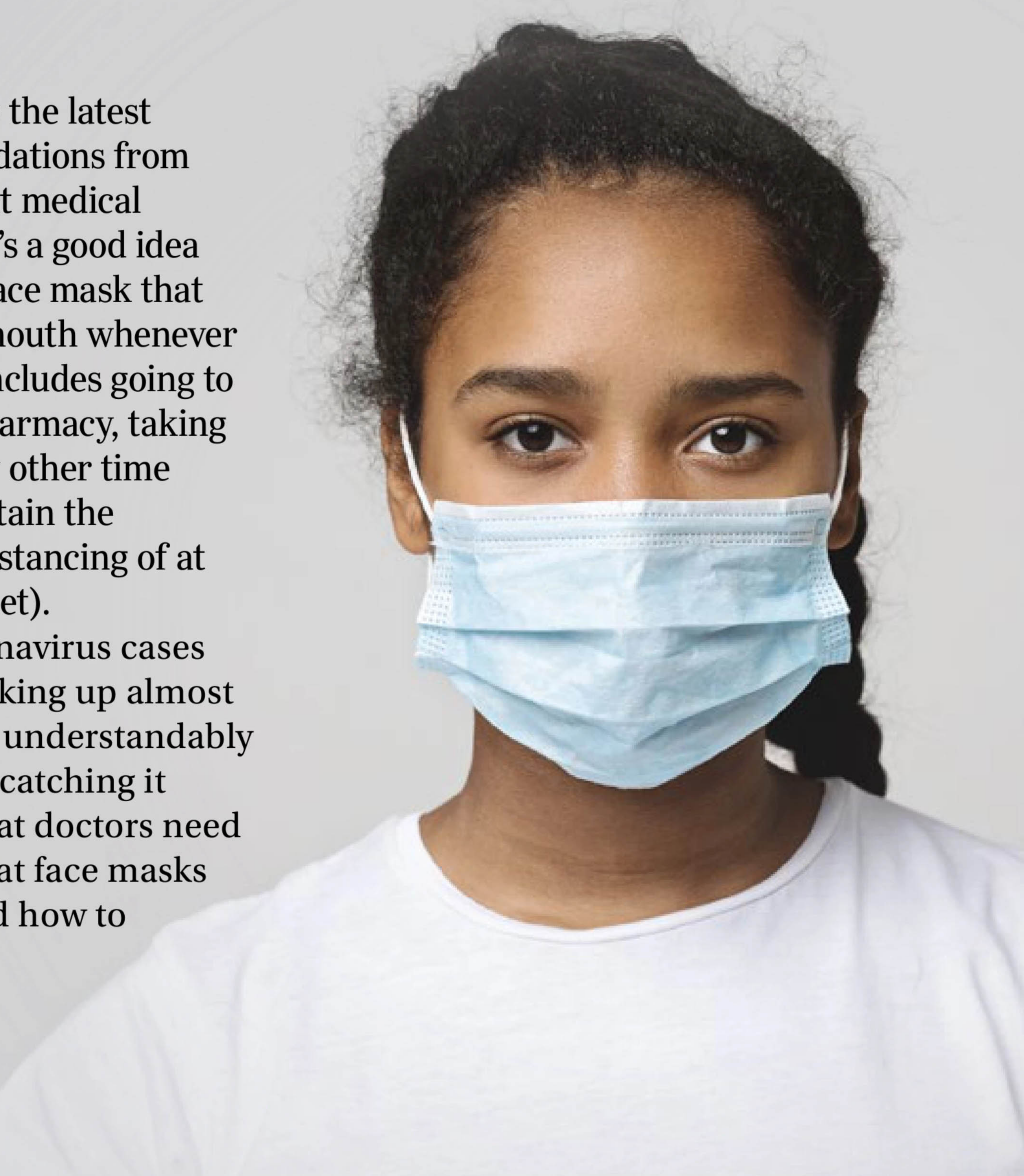
To find out more about Readly, and to try 1 month for free, please go to [**www.readly.com/digest**](https://www.readly.com/digest)

There have been mixed messages in the media when it comes to face masks. Here's the bottom line

8 THINGS YOU NEED TO KNOW ABOUT FACE MASKS

According to the latest recommendations from government medical agencies, it's a good idea to wear a face mask that covers your nose and mouth whenever you're in public. This includes going to the grocery store or pharmacy, taking public transport or any other time you're not able to maintain the recommended social distancing of at least two metres (six feet).

The number of coronavirus cases around the globe is ticking up almost hourly and people are understandably very concerned about catching it themselves. Here's what doctors need you to know about what face masks can and cannot do and how to use them effectively:



1. A mask is not a respirator

The masks you see in the news are almost always dust masks or surgical masks, not respirators. There's a big difference, although they can look similar at first glance.

"A face mask is a loose-fitting disposable device that creates a barrier between the mouth and nose and the external environment," explains Meghan McGinty, PhD, affiliate assistant professor of environmental and occupational health sciences at the University of Washington School of Public Health. "They are not intended to protect you against respiratory illnesses. They're typically meant to prevent you from inhaling large particles like dust particles."

Respirators, on the other hand, are meant to protect you from smaller particles like viruses. They're worn by healthcare professionals in healthcare settings all the time. An N95 mask, which you've probably read about, blocks at least 95 per cent of very small particles, and that can include bacteria and viruses, according to the Centres for Disease Control and Prevention (CDC).

You can check out the CDC's infographic comparing surgical masks and N95 respirators, which shows how they differ, how they should be used (and discarded), and what they look like side by side on their website. Visit [cdc.gov](https://www.cdc.gov)

2. Masks won't protect you from viruses

Because face masks aren't fitted, viral particles can easily get in, under and around them and end up in your respiratory system.

"A traditional general face mask like you might use for construction in your house is not going to protect you against coronavirus or other respiratory infections," says Dr McGinty. "It's not designed to filter those particles and you don't get a tight seal around your face. Particles can come in on the sides and underneath and be inhaled and you can still get exposed."

3. Masks "leak"

And this is how viruses can get in. Because masks are loose-fitting, smaller particles (like viruses) can get through. "You can breathe around the edges," says Dr Schaffner.

By contrast, respirators are sturdier, thicker and have to be fitted to the person wearing them so as to prevent any particles slipping through. In fact, according to the CDC, people who wear respirators for work are required to have the fit checked annually and the seal checked before each use. If all is working well and there are no leakages, all incoming air will be filtered. In fact, when used properly, respirators are uncomfortable as they make it difficult to breathe, says Dr McGinty.

“These clearly should not be worn by the average person,” says Dr Schaffner. “They haven’t been trained to put them on correctly and we need to reserve them for healthcare personnel.” So that means that although you *can* buy N95 respirators—don’t. That means they will be in short supply (or even unavailable) for people in high-risk situations—like healthcare workers—who need to protect themselves (more on that below).

4. Masks may help stop your germs from spreading

While face masks won’t protect you from viral illnesses, they may help protect others from any respiratory symptoms you may have, says Dr Schaffner. The World Health

Organisation does advise wearing a mask if you’re coughing or sneezing.

5. Face masks also need to be used correctly

Masks may only have limited benefit but you still need to know how to use them. For masks to be effective at all, they must cover your mouth and your nose, not just one or the other, says Dr Schaffner. They also don’t work if you lift them up to talk to someone or to scratch an itch. They’re also not intended to be used if you have facial hair, says Dr McGinty. WHO also has a clear protocol (and a video) for how to correctly use a mask, including putting them on, taking them off and disposing of them. Among other things, the organisation stresses that





you should wash your hands with soap and water before use, make sure there are no gaps between your skin and the mask, and avoid touching the mask with your hands while you are using it.

Single-use masks should not be reused, and they should be replaced if they get damp. When removing the mask, don't touch the front of it, rather, you should remove it from behind, discard of it immediately in a closed bin, and wash your hands with soap and water (or an alcohol-based rub if you don't have soap and water available).

6. Masks may create a false sense of security

First of all, masks are not effective at

keeping out viruses. Plus, few people know how to use them correctly.

"People feel they have a sense of protection but then they do things like touch dirty stuff then touch their eyes or nose or mouth," says Dr McGinty. That's the kind of exposure that can make them sick, he says.

At this time, the CDC believes the coronavirus spreads primarily from person to person through respiratory droplets which are expelled whenever an infected person coughs or sneezes. Usually, people need to be within about six feet (two metres) of each other. A secondary route of transmission may be by touching a surface or object with the virus on it then touching your mouth, nose, and possibly eyes.

7. Healthcare workers need respirators more than you do

Respirators are flying off store shelves and that's not good for any of us. "N95 respirators are critical resources in healthcare facilities," says Dr McGinty. Respirators are needed every day in hospitals and are critical during an outbreak such as this one.

"Now that we're seeing potentially widespread community transmission, facilities desperately need these masks and have a very small supply," she adds. "Any community use of them is harmful to the collective response."

The public should also not be buying surgical masks. Not only do they not fully protect you from coronavirus, but they are also needed in healthcare settings daily, adds Dr McGinty.

8. Washing your hands is better than a face mask

Frequently washing your hands with soap and water for 20 seconds at a time is the best way to avoid contracting the coronavirus.

"I tell people that you should be washing your hands before you cook or serve food and after you use the bathroom; I also wash my hands every time I return home," says Dr McGinty. "This process of handwashing is more effective than wearing a face mask."



Here's how to make a DIY face mask

Creating your own DIY face mask out of a few ordinary household items couldn't be easier

What you'll need to make a DIY face mask:

- Bandana or cotton fabric, approximately 20-by-20 inches
- Coffee filter (or piece of HEPA vacuum filter)
- 2 hair ties (or rubber bands or pieces of elastic)

Step-by-step instructions to make a DIY face mask:

1. Fold the bandana in half.
2. Fold the coffee filter in half and place in the centre of the folded bandana.
3. Fold the bottom third of the bandana up, then fold the top third of the bandana down.
4. Loop one hair tie around each end of the folded fabric. They should sit about six inches apart.
5. Fold each end of the fabric in towards the centre and tuck them into each other.
6. To put on the mask, loop the hair ties over your ears. Adjust the mask to make sure it covers your nose and mouth completely.



23 THINGS TO DO DURING LOCKDOWN

ORIGINALLY PUBLISHED ON [RD.COM](https://rd.com) AND [RD.CA](https://rd.ca)

Avoiding a sense of monotony and feelings of depression or anxiety from the listlessness of lockdown can be challenging, so we've rounded up the following 23 ideas to help you bust your boredom

1 Write a letter

As meaningful as a phone call or an "I miss you" email, a handwritten letter is an even more special surprise. Grab some pretty stationery, take your time crafting a thoughtful note about how much that person means to you, and slip it into the postbox to make a loved one's day.

2 Attend a concert

Grab some *vino* and settle in for an evening of John Legend, Lin-Manuel Miranda, Jewel, and more. Plenty of great musicians are offering free music while we're stuck at home, and this

is the perfect opportunity to take advantage of concerts that we couldn't afford, didn't have time to see, or weren't fast enough on Ticketmaster to score a seat.

For example, Rufus Wainwright is posting daily concerts on his Facebook page, John Legend is creating Instagram Live videos, Lizzo popped a track onto Instagram, and Miranda posted a never-before-heard song from his hit musical *Hamilton* that had been cut from the production. Just Google your favorite artist, and the chances are, they're contributing music on some form of social media.

3 Rearrange the furniture
Rethinking your room's setup can give your home a fresh look without spending a penny. If moving large pieces of furniture proves too much of a hassle, try mixing up your knickknacks or organising your shelves. You'll bust boredom for the day, as well as break out of a rut from your same old arrangement. Or if you *really* want to change things up, buy a small statement piece that you can have delivered to your home, but doesn't require people coming into your home to set up.

4 Play dress up
Take a good, hard look in your wardrobe and devise new ways to pair pieces together. Your creative combos are sure to score some

compliments while you're taking your appropriately socially distanced walks and once you're back in the real world further down the road. Plus, you'll get more use out of the clothes you already own by coming up with new outfits.

5 Cook a gourmet meal
Take-aways and 30-minute meals might be your go-tos in normal times when you're too burnt out to spend time at the stove, but now you can take your time with a more involved recipe. If you didn't get a chance to pick up fancy ingredients, dig around in your cupboard for shelf-stable foods you've had sitting around, and turn them into a swanky three-course meal (think of it like your own personal episode of *Ready, Steady, Cook*). Go all out by setting the table with your good silverware and china.

6 Pamper yourself
Yes, this is 100 per cent productive. You need to make sure you're taking care of yourself both mentally and physically in these stressful times. So, fill your bathtub with warm water and bubbles, and settle in for a relaxing soak. Make it even better by lighting candles and playing your favourite soft tunes.

7 Curl up with a book
Grab your cosiest blanket and hunker down on the sofa with a



good read. Studies have shown that reading can keep memory strong, help you sleep, and increase your empathy. Find a page-turner that you can't put down, and you'll be occupied the rest of the day.

8 **Learn a new skill**

Whether you pick up juggling, dust off your piano, or perfect your lemon meringue recipe, now is the time to learn a cool skill. Bonus: You'll have a brand-new party trick to show off to all your friends once this is over—or, if you can't wait, via video call once you've mastered it!

9 **Create a time capsule**

Gather together household items that represent your current everyday life. Stash objects

such as photos, an invitation, a to-do list, and a letter to your future self in a small box or a specially made capsule. Put a note with today's date and a reminder not to open it for five, ten or 15 years. You'll have fun putting the time capsule together, as well as reflecting on its contents when you open it later.

10 **Find your “OM”**

Studies have found that meditation can help ease anxiety, improve reasoning, and maintain good relationships. Find a guided meditation programme online to reap the benefits of this simple practice. It's just one of the ways you can declutter your mind—and a skill that will not only come in handy now but also for the rest of your life.

11 Bust out the board games

Gather your family or housemates together for a tournament with your favourite board games. Let everyone pick a favourite game, then sit back for a fun competition. Go with a classic like Monopoly—and before you play, learn what the experts have to say about how to win it.

Hey, there's nothing wrong with a little knowledge and a little friendly competition!

12 Set up a home cinema

Cinemas around the country are closed but that doesn't mean you can't still get your film fix. At-home projectors have gotten a lot smaller and less expensive in recent years, allowing you to project a new release or family-friendly classic on any blank wall. Pop up some popcorn, set up the pillows, and enjoy the show!

13 Write in a journal

Sitting at home binge-watching *Tiger King* on Netflix may not feel like you're doing much but you're actually living through a major historical event that people will learn and talk about for generations after this is all over.

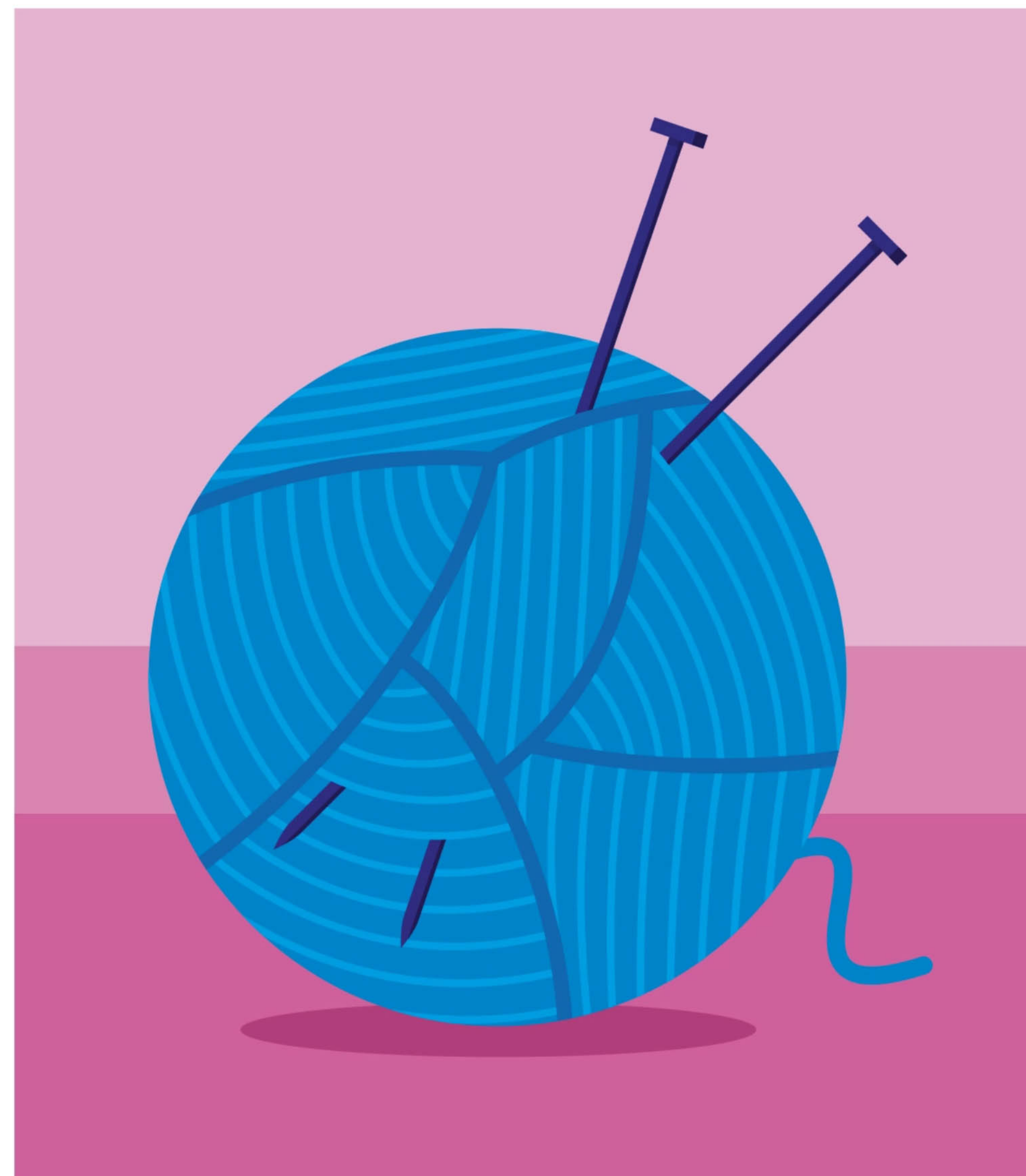
Writing your thoughts or daily routines in a journal will help you not just to preserve your memories but will also help you process your feelings about this strange time.

14 Plant a container garden

Just because you have to stay indoors doesn't mean you can't get started on your spring gardening. Bring the outdoors in by sprouting seeds or planting a container garden on your windowsill. Bonus: you can use your fresh herbs in the amazing healthy dishes you're learning to cook.

15 Try knitting

Needle arts used to be a staple for passing the time while making something useful and pretty. You can learn to knit, cross-stitch, embroider, crochet, or tatt with a beginner kit and/or some YouTube tutorials.



16 Learn a new language
Want to know how to say, "lockdown stinks" in five other languages? Now is a great time to learn or practise a new language. Duolingo is an easy-to-use, free app that gives daily lessons in 35 different languages. You can pick a standard like English, Spanish, or Chinese or you can branch out with Navajo, Esperanto, and Klingon or High Valyrian (we're not joking).

17 Upgrade an old T-shirt with tie dying
Tie-dyeing isn't just for children or people who never outgrew the 1970s—it's a versatile art that is fun and easy to do. Upgrade a T-shirt, pair of leggings, baby onesie, hat or any other cotton item. Check out YouTube for handy tutorials.



18 Create some quarantine art
Channel your feelings by doing something creative. Painting is a great way to express yourself, learn a new skill, and help you see ordinary things (like everything in your house you've been staring at for weeks) in a whole new way.

19 Learn to bake bread
There is no smell better than fresh bread baking but it can feel daunting for beginner bakers who don't know what "proofing yeast" even means, much less how to do it. Plus, who has the time to sit around rising, kneading, and then baking dough? You do, now! If you're already a pro, take this opportunity to learn how to bake a new type of bread, like sourdough, and teach this skill to your child while you're at it. The Challah recipe on p36 is a great place to start.

20 Find a new favourite podcast
Podcasts—audio programmes that you listen to through your phone—are one of the best ways to become smarter in your spare time. With subjects ranging from comedy to history to fictionalised drama, there's something for everyone. You'll be amazed at how fast time flies when you're listening to a riveting story. And we'd be remiss not to mention



our own show, *Digested*, available on all podcasting platforms.

21 Clean your windows

Because you're constantly looking through them, not at them, you never realise how dirty your windows really are until you clean them. The world will suddenly start to look a lot less dreary and more hopeful if you scrub the dirt and grime off your glass.

22 Go for a run

At the time of publication, Britons are still permitted to go outside for exercise for up to one hour while still following self-quarantining rules (not in groups and while staying at least six feet away from others, of course). This is something you should take advantage of daily as

exercise and sunshine are two of the best things you can do for your physical and mental health. Not sure how to start? Download the Couch to 5K app for free, which coaches beginner runners, and you may end up coming out of quarantine fitter than when you started!

23 Take a virtual tour

Pay a visit to artsandculture.google.com and you'll find content from over 2,000 leading museums, including a wealth of virtual collection tours and historic sites of interest. Indeed, the Stonehenge tour allows virtual visitors closer than physical ones, meaning you can gain a whole new perspective on the prehistoric monument. The home page changes daily, so you'll never be short of inspirations! ■

How To Virus- Proof Your Finances

Coronavirus isn't just a health crisis, it is plunging millions of Britons into financial difficulties as well. If you are struggling to make ends meet during the COVID-19 lockdown, it's time to give your personal finances a thorough overhaul, says Harvey Jones



Draw up a budget

Start by listing all your monthly outgoings, and cutting out any unnecessary spending, such as direct debits or services that you no longer use. Then hit the comparison sites to see if you can find a cheaper energy supplier, and cut premiums on your car, household, and pet insurance policies.

Build up your rainy day fund

One benefit of going into lockdown is that we are spending less on petrol, trains, meals out, trips to the cinema and holidays. Put the money you save to work by building an emergency pot

of money, to help tide you through this crisis and any future financial setbacks to come.

Get a cheaper mortgage

While the property market has come to a halt, existing homeowners could take advantage of recent interest rate cuts by remortgaging to a cheaper home loan. You could save hundreds, or even thousands, of pounds a year.

Handle overdrafts carefully

The Financial Conduct Authority has forced banks to grant struggling customers interest-free overdrafts up to £500, for three months from the April 9. While this could give you valuable breathing space, the money still needs to be repaid, and extra borrowings could prove a burden when you start paying interest of up to 40 per cent again.

Beware credit card debt

Most banks are also increasing credit card limits, waiving penalties for missed payments, and offering payment holiday. The FCA has barred providers from cancelling cards owned by customers with persistent debt problems, until October. Use plastic with caution, though, because those 20% APRs will kick in later. Consider switching existing debt to an interest-free balance transfer card.

Check what help your bank offers. Bank phone lines are inundated right

now, but most have set out their coronavirus policies on their websites. Spare yourself a frustrating wait on hold by checking there first.

Get in touch

If you're having trouble paying everyday bills, whether gas and electricity, water, or a car leasing agreement, do not simply stop payments as that will damage your credit rating. Explain your problems to your provider to see what help they offer at the moment.

Keep paying insurance

Money is tight but if possible, you should continue to pay for valuable cover such as home insurance, life insurance, critical illness cover and income protection, to keep your family protected.

Claim state benefits

If you have lost your income, state benefits may partially plug the gap. The government has removed some barriers for people applying for Universal Credit, and boosted payments. Check your eligibility at [Turn2Us.org.uk](https://www.turn2us.org.uk) or [StepChange.org](https://www.stepchange.org).

Seek debt help

If you're running into serious financial difficulties, seek free advice from debt charities including Citizens Advice, StepChange Debt Charity and National Debtline, while avoiding those who charge a fee. ■



Baking My Way Through

LOCKDOWN

BY *Karla Walsh*

One of the best prescriptions for easing anxiety can be found right in your kitchen

FROM PIES TO cakes to biscuits, I've been baking my way through self-isolation, and it's been a huge sanity saver. Here's why I can't imagine being locked down without my mixer, spatula, and oven—and why you might want to start preheating yours now, too.

Baking takes me back to childhood

Growing up, every Christmas and Easter smelled like homemade cinnamon rolls and each long weekend was scented with the yeasty goodness of fresh-baked bread. For the first 18 years of my life, I watched at my mum's hip as she kneaded, rolled, and shaped baked goods for any and every

family gathering. Since then, whenever I'm feeling a bit lonely, I find an instant sense of peace as soon as I bust out my measuring cups and spoons. So, on the Sunday when things started to get real—cities-shut-down, Tom-Hanks-is-sick, my-doctor-sister-was-called-into-work real—I found a dose of serenity in mixing up a big batch of my mum's oat and raisin cookies.

It forces me to take a break from the news

Since I report on health, food, and more for my job as a freelance writer and editor, it's helpful to stay up to date with the news. There comes a point, though, when enough is too much—where staying informed becomes a downward spiral into

feelings of anxiety and helplessness. Research backs this up: Repeated media exposure to traumatic scenes is more traumatic than actually witnessing the tragedy once in real life, according to research published in the *Proceedings of the National Academy of Sciences*. If I've checked in once in the morning and once in the afternoon and am tempted to dive into another news binge again, I instead dig out a new pie recipe on my continued quest to perfect a buttery, flaky pastry crust.

The repetition is about as zen as a yoga flow

An hour of daily at-home yoga has really helped throughout these first few weeks of lockdown. But a woman cannot survive on sun salutations alone. After walking from mat to mixing bowl one day and kneading my mum's "famous" whole-wheat bread dough by hand, I realised that the process inspires a similar sense of flow. Fold, press, turn, repeat. After doing the same process about ten times, outside thoughts began to float away as I tuned into the stickiness of the dough, the tiny additions of flour, and the quiet peace found in just flour, honey, yeast, and salt.

It's a way to connect with friends and family from afar

While I can't host my parents or pals for a dinner party at my table for the next few months, I can drop off a no-

contact delivery care package of their favourite kind of cupcake. Even in steady-as-she-goes times of little stress, it's become a bit of a signature for me to arrive at a coffee or cocktail hour outing with my rendition of that person's favorite baked good to share. (I have a strong feeling that "acts of service" is my preferred love language.) So, I've become hyper-vigilant about hygiene and hand washing, then shared my baked goods via front drive drop-offs and the post.

It gives me a sense of control

One of the more challenging parts of the pandemic to process (besides the fact that it can feel quite helpless to only be able to contribute to a solution by supporting small businesses, donating to charities in need, and staying home) has been no sight of a finish line. When I'm taking a spin class, I know that at minute 45, a breath of fresh air outside awaits. At the end of a 60-minute cake recipe, my bundt will be ready to cool.

But no one is sure when things will be a bit more "normal"—or what this new normal will look like. When we get there, though, I know this for sure: when that first group dinner party is allowed and safe, I'll be there with gratitude for genuine human connection, health, and community. I'll have some really big hugs ready. And lots of pie. You can't deny that baking is a great thing to do when your whole life gets cancelled. ■

FROSTED CHOCOLATE RING CAKE

Ingredients:

- 140g pitted, ready-to-eat prunes
- 150ml boiling water
- 60g unsalted butter at room temperature
- 140g light brown sugar
- 1/2 teaspoon vanilla essence (extract)
- 2 eggs, lightly beaten
- 100g self-raising flour
- 100g self-raising wholemeal flour
- 1 teaspoon baking powder
- 4 tablespoons cocoa powder
- 250g ricotta cheese
- 1/2 teaspoon vanilla essence (extract)
- 1 tablespoon icing sugar, or to taste, sifted



Chocolate cake is always popular. This interesting version is enriched with a sweet prune purée and topped with creamy frosting. Serve it as a morning snack or for dessert. It's perfect with some fresh berries on the side

Prep: 25 min plus 30 min soaking.

Bake: 25 min plus cooling **Serves:** 10

1 Grease a 20-cm (8-in) deep ring tin. Place the prunes in a bowl and pour boiling water over them. Cover them, and leave them to soak for 30 minutes. Meanwhile, preheat your oven to 180°C (gas mark 4).

2 Beat the butter until it becomes soft and pale and gradually beat in sugar. Purée the prunes with their soaking liquid in a blender until smooth, then add to the butter and sugar mixture with vanilla essence, and beat until well mixed. Gradually beat in the eggs.

3 Sift the white flour, wholemeal flour, baking powder and cocoa powder over the mixture, tipping in any bran left in the sieve. Then fold in the rest of the dry ingredients until thoroughly combined. The mixture should be of a soft dropping consistency—

add a little water if necessary. Spoon the mixture into the ring tin and level the top.

4 Bake for about 25 minutes or until well risen, slightly cracked on top and firm to the touch. Leave in the tin for 10 minutes, then run a knife around the inside to loosen the cake.

5 Turn the cake out onto a wire rack to cool. This cake can then be kept in an airtight container for up to three days before the topping is added.

5 Sieve the ricotta into a bowl. Add vanilla essence and icing sugar and beat the mixture until it becomes smooth.

6 Place the cake on a serving plate and spoon the ricotta frosting evenly over the top. Using a knife, swirl the frosting slightly, taking it a short way down the side of the cake. Place a little cocoa powder in a small sieve and dust it lightly over the frosting. Serve as soon as possible.

AMARETTO DREAM CUPCAKES

Treat yourself to these indulgent little cupcakes laced with the irresistible flavour of amaretto and slivered almonds

Prep: 20 min **Bake:** 15 min plus cooling **Makes:** Two dozen

Ingredients:

- 170g butter, softened
- 290g packed brown sugar
- 2 eggs
- 250g all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 140ml buttermilk
- 75ml amaretto
- 20g slivered almonds



Butter Frosting:

- 360g icing sugar
- 55g butter, melted
- 3 to 4 tablespoons heavy whipping cream
- 2 to 3 tablespoons amaretto

1 In a large bowl, cream together the butter and brown sugar until light and fluffy. Add the eggs, one at a time, beating well after each.

2 Combine the flour, baking powder, baking soda and salt. Add to the creamed mixture alternately with buttermilk and amaretto, beating well after each addition. Stir in the almonds.

3 Fill paper-lined muffins cups two-thirds full. Bake at 200°C (gas mark 5) for 14-16 minutes or until a toothpick comes out clean. Cool for five minutes before removing from pans to wire racks to cool completely.

For the frosting:

1 In a small bowl, beat icing sugar and butter. Add three tablespoons cream and two tablespoons amaretto; beat until smooth. Add the remaining cream and amaretto if required to achieve an ideal spreading consistency.

CHALLAH BREAD

This traditional Jewish bread uses more eggs than most, which gives it a rich flavour and attractive golden colour.

Prep: 30 min, plus rising **Bake:** 30 min, plus cooling **Makes:** Two loaves

Ingredients:

- 2 packages active dry yeast
- 300ml warm water
- 145ml canola oil
- 60g sugar
- 1 tablespoon salt
- 4 eggs
- 750-800g all-purpose flour

Egg wash:

- 1 egg
- 1 teaspoon cold water

1 Dissolve yeast in warm water. Add the oil, sugar, salt, eggs and 500g flour. Beat until smooth. Stir in enough remaining flour to form a firm dough. Turn onto a floured surface; knead until smooth, approx 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise until doubled, about 1 hour.

2 Punch down. Turn onto a floured surface; divide in half. Divide each portion into thirds; shape each into a 15-inch rope.

3 Place three ropes on a greased baking sheet and braid; pinch ends and tuck under. Repeat. Cover and let rise until doubled, about 1 hour.

4 Beat egg and cold water; brush over the braids. Bake at 180°C (gas mark 4) for 30-35 minutes or until it turns a golden brown. Cool on wire racks.



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I Survived Coronavirus

*I was one of the lucky ones, and, trust me,
you don't want to get this...*

BY *Ruben Velasco, as told to Jen Babakhan*

ORIGINALLY PUBLISHED ON [RD.COM](https://rd.com) AND [RD.CA](https://rd.ca)



Battling coronavirus is an experience that will forever be etched in my mind. I had what's considered a mild case, but even in its weakest form, this virus is brutal. Now that I've recovered, I'm sharing my story because I want people to take this situation seriously. Others won't be so lucky to face coronavirus head-on and come out the other side alive. To turn things around, we have to stay home. We have to fight this battle together—and we have to win.

Where it all began

My boyfriend and I have been trying to trace our steps back to where we first came into contact with coronavirus, and we think it was the night we went out to celebrate his sister-in-law's 40th birthday in early March. We went to a Mexican restaurant on Long Island, New York, that Friday night, and we shared lots of laughs and food. We took turns placing our straws into this huge margarita, passing it around the table.

We didn't think anything of it at the time, of course. The news was just beginning to report the spread of COVID-19 in the US, so it wasn't exactly at the forefront of my mind. I was still living my life just as I always had—riding the train to work each day, working long hours, going out with friends and family, and, yes, sharing margaritas.

Looking back now, I think that must have been the start of it all. My boyfriend, Luis, began showing

symptoms on the Monday, but we assumed it was a typical cold. He works from home, so we figured it would just blow over. He had body aches and a minor fever for five days, but it didn't seem a cause for concern. Then it took me down.

Working in the midst of chaos

I worked for a home-textile company at the time, and even though news about coronavirus was all around us, we continued to work as usual. In fact, we received twice as many deliveries than usual from China that week, as its factories were back up and finally running again. People in the office began to get something that seemed like a cold virus, but most of them still kept coming to work.

My symptoms began on Monday, March 16. It had been a week since Luis had been sick. It all began with a low fever. I felt really weak, but I still went to work. By the day's end, I told my boss I had to leave. At this

point, coronavirus had begun to take over New York, so I was told to work from home. On Tuesday, the headache started. It was so intense that I had to lie down—it was too difficult to keep my head up. The pain was mainly behind my eyes and felt like a very heavy sinus headache.

IT FELT AS THOUGH I'D RUN A MARATHON THAT I HAD NEVER TRAINED FOR

From bad to worse

By the end of the week, I knew something was off. This wasn't what a typical illness felt like. Everything hurt. I felt a bit disoriented, and the headache became debilitating. Luis and I decided it was time I seek medical help. My fever was only 38 degrees, but it felt like my skin was being pulled in opposite directions. That's when I got really scared. My knees, hands, and even my earlobes hurt. My entire body tingled like it had fallen asleep.

We went to nearby urgent care, where I filled out paperwork and waited for the doctor. After examining me, the doctor said he was certain I would test positive for coronavirus, but gave me the option

to test if I wanted to know for sure. He was confident that I'd contracted it from Luis. I opted to be tested, but I didn't receive my results until a week later.

After the fact, I learned that quick results are only given at the hospital. The test consisted of the doctor putting a very long cotton swab as far up my nose as possible—it felt like it went to my forehead. He sent me home with advice to take paracetamol but said there was nothing more he could do for me. He also stressed the importance of staying hydrated. On the way home, we bought whatever paracetamol we could find at the shop.

Finding medication, along with many other essentials, is difficult right now—which makes things extra hard for the people who really need it.

The symptoms peak

That Saturday evening was the absolute worst. My fever spiked to 39 degrees, and I couldn't sleep. I was sweating profusely, and my knees, hips, and back were in excruciating pain. It was as though I had run a marathon that I never trained for. I couldn't shake it. I lost my sense of taste and smell, which led me to over-seasoning my food in the hopes that I could taste something. It didn't work. Then I developed stomach pain and diarrhoea. Oddly enough, the dry

cough I developed only arrived at the very end. My symptoms were reversed, according to most of the anecdotes I've heard about the novel coronavirus.

As I lay there, just trying to survive each day, my fear of having to go to an already overwhelmed hospital was palpable. I was terrified that I'd be forced to seek help and that there wouldn't be enough doctors, nurses, ventilators, or beds to help me. I was scared that there was no cure and no vaccine. The thought of being alone, and possibly dying alone, in the hospital, weighed heavily on my thoughts. I didn't know how much worse I was going to get, and I feared the uncertainty of it all.

My fever finally broke the following Wednesday. I went to bed that night, and the next morning I awoke to a perfect 37-degree temperature that remained consistent. Two days later, the health department called me with the news that I'd tested positive for COVID-19. By then, I was feeling mostly back to myself again, except for a lingering dry cough.

What I wish I'd known earlier

Looking back, I really wish that people had taken this virus more

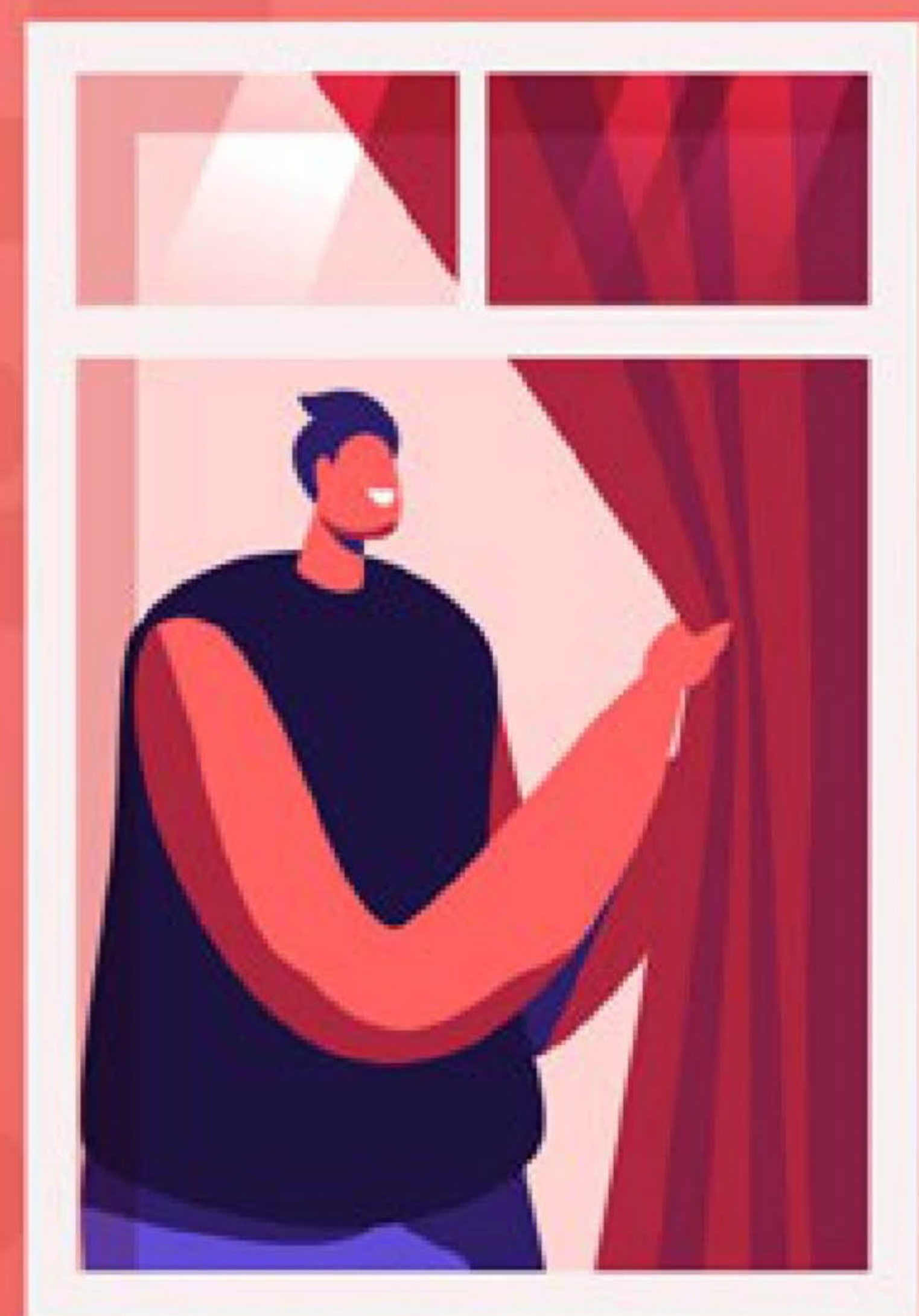
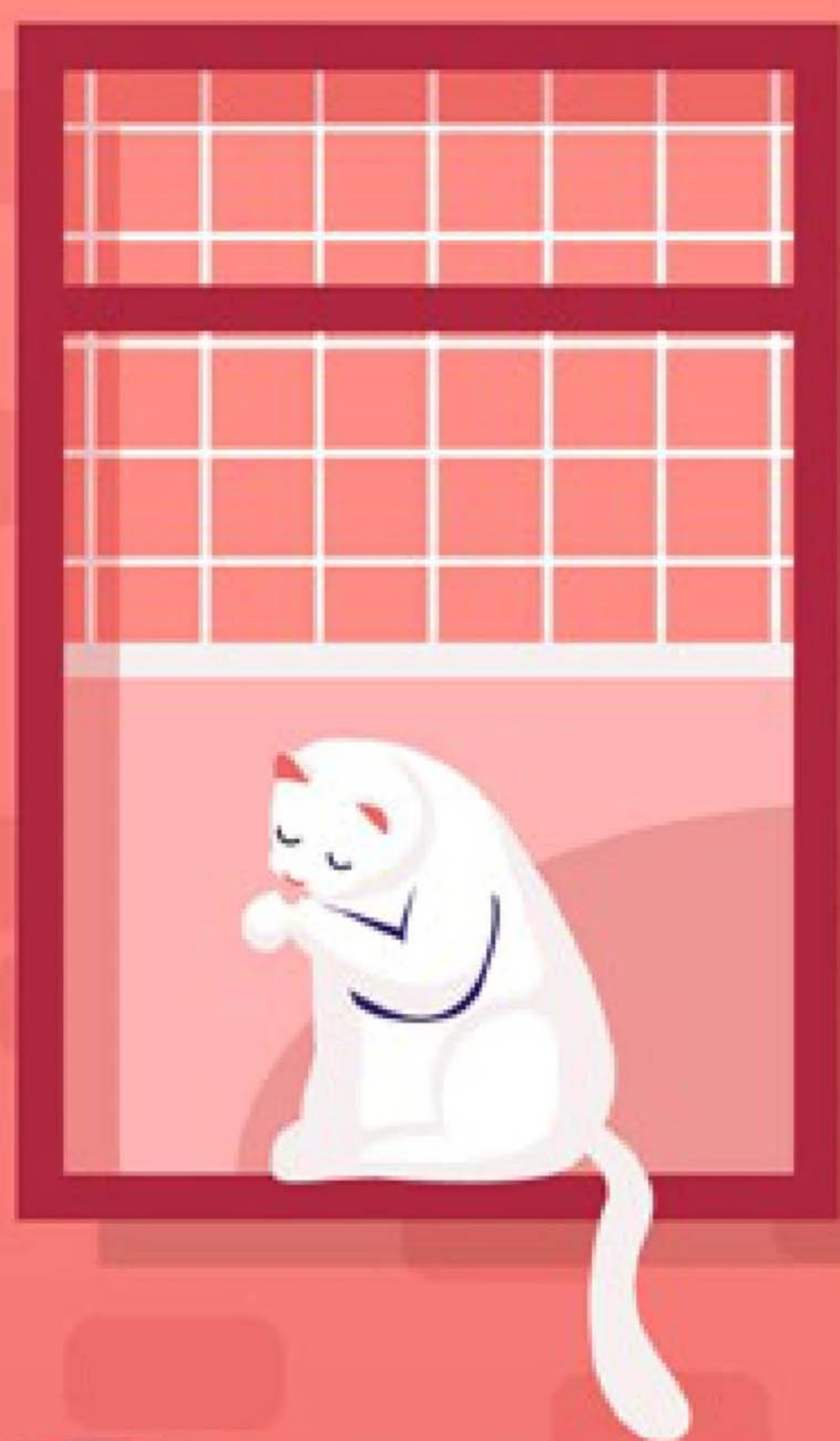


seriously earlier. In New York City, we all live on top of one another, and even just taking the train to work is exposing us. I wish people understood how severe this is, even when you get a “mild” case, like mine. I know a lot of doctors are talking about possibly having immunity after contracting the virus, but I'm still wearing a mask in public from now on.

While we don't know if it's at all possible, I really don't want to catch this again. I'm not taking chances. I know they say the media blows things out of proportion, but that's not true with this. This was really painful, and we got incredibly lucky. ■

*In times of crisis, people can
be truly amazing*

The New
**Neighbourhood
Watch**



When tragedy strikes, people band together in solidarity. Age, wealth, race, religion, politics, and all the other things that make us who we are as individuals seem to matter a little less, and the fact that we are all human and in this world together comes to matter more.

The coronavirus pandemic is shutting down national economies, while also causing illness and death. Despite the fear and uncertainty we are currently facing, a silver lining has emerged: People want to help. One place they are pulling together to do that is on Nextdoor, the social network for neighbourhoods. Below are four inspiring stories of people doing creative things on Nextdoor to support their communities in this challenging time.

Andrea Pien, a 33-year-old university counsellor at a secondary school is working remotely now that the schools are closed. She's meeting with her students using video calls but anticipating fewer meetings than usual over the next few weeks. As a salaried worker, she doesn't expect to be missing paychecks. And as someone who enjoys inherited wealth from her father's successes in the biotech industry, she believes it's important to give back—especially when times are tough. One Sunday, she posted the following message on “Hi

neighbours, if you will be missing a paycheck/contract work, or if money is tight for food and supplies, message me your Paypal details and I will send you £20, no questions asked,” she wrote. She included a picture of her “very large dog,” Gus.

“Part of being a good ally is supporting my neighbours who maybe don't have the same privilege that I do,” she told us. “I added a picture of my dog for the algorithm [to ensure people see the post in their feeds], and because a lot of neighbours recognise my dog because it's large.”

So far, she has given away about £400 to her neighbours and anticipates more to come. Pien is a member of Resource Generation, an organisation of “young people with wealth” who are “committed to the equitable distribution of wealth, land, and power.” She was initially inspired to action by her friend Jonah, whom she met through the group. She started on Facebook but quickly realised that many of her Facebook friends were people she grew up with and former classmates who already had



plentiful resources. So she posted on Nextdoor, where her neighbours are her network, and many of them are people who don't get a regular paycheck or have much money. "Many people are contract workers or work in restaurants or the service industry or bars and stuff, and their hours have been cut. There are a couple of students whose work-study hours have been cut," she said of the people who have been reaching out to take her up on her offer.

"With the hysteria around coronavirus, there is an inclination to feel a lot of scarcity, which results in hoarding, but there is also a way to look at it from a perspective of generosity, and that's why I posted," she explained.

"One of the first responses that I saw to this pandemic was my wealth advisor emailing me to reach out about my stock portfolio's performance. This felt way off base to me. Rich people like me shouldn't be worrying about their portfolios at this point—they should be thinking about how they can be in solidarity with poor and working-class people, who are at risk of being evicted, are uninsured and cannot access adequate medical care, or [aren't] able to feed their families."

Seni Felic has already lived through a crisis. He fled his home in the Socialist Federal Republic of Yugoslavia in 1994, as a refugee from the war. He was 29 years old

at the time and alone. These days, he owns his own restaurant called Bistro SF Grill, and he is feeling optimistic despite the crisis. "We're going to pool our resources and people will pull together, and it will have a strong impact on solving any problems."

With that philosophy in mind, he posted this on Nextdoor: "We are inviting all to stop by Bistro SF Grill to grab a lunch or dinner prepackaged box from Tuesday, March 17, beginning at noon and every day after. The price is only £4.50 and it covers our expenses," he wrote.

Bistro SF Grill will be offering three different meals: chicken, rice, and vegetables; fish, rice, and vegetables; and vegan mushroom paella. All are gluten-free. The menu will change weekly.

"A lot of seniors, families, [and] people who don't know how to cook are in need of fresh, high-quality food daily," Felic said. "I've seen much worse than this—hordes of people with guns, and people killed. I was hungry for three years. Under these conditions, food is essential. Our idea was: Let's try to help. We'd like to give for free, but unfortunately we can't afford it."

The restaurant started a GoFundMe page to further lower the cost of the meals. So far, neighbours have pitched in £2,000.

Despite the lockdown, Felic said

they still plan to distribute meals. The move addresses three problems in their community: getting high-quality food to people who may not be able to cook for themselves; keeping the business afloat and busy during the crisis; and paying some of the hourly workers who make the food, ensuring they can stay afloat as well.

He believes that working together and helping others will be the key to helping us get through this. "This

WORKING TOGETHER AND HELPING OTHERS IS THE KEY TO GETTING THROUGH THIS

problem will be contained, and I just feel optimistic," he added. "When people come together and cooperate, I think we can overcome almost anything."

Julia Lin, 16, is a secondary school student. Until a few weeks ago, kids in her school were eagerly looking forward to their summer holidays. Today, things are different. Classes have been cancelled, and the future is uncertain.

But as the crisis was brewing, Lin decided to take action by organising a food drive. She reached out to the Nextdoor community for support:

“Hi! My name is Julia. My school’s student government is hosting a drive and collecting non-perishable foods (tinned foods, boxed foods, etc) for families in need. I know that during the time of school being cancelled, many students and families are not able to access regular meals without school. One-hundred percent of everything donated will go to students/families in need during this difficult time so it would be amazing if anybody could donate any extra food they have lying around the house. I

IT’S NICE TO SEE PEOPLE SUPPORTING EACH OTHER IN A TIME OF CRISIS

would be so happy to come by and pick up anything that anyone has to donate, just let me know! Thank you!!!” she wrote.

So far, the community has made some 400 donations, and Julia has picked up each one. They’re left in brown paper bags on porches, and she handles them with latex gloves. It’s all packaged food, and the packaging is cleaned with disinfectant wipes. Along with the rest of the student government, which brainstormed the idea last week, Lin is setting up distribution

centres in the city so families can get what they need.

“On Nextdoor, I’ve seen so many people offering their help, and I’ve picked up so many donations from people in the community,” Lin said. “It’s nice to see people supporting each other in a time of crisis.”

Lin’s parents emigrated from China in the early 2000s. She was born after 9/11 and was a young child during the financial crisis in 2008. “I think it’s really good that we’re being more cautious, especially within the community,” she says. “Every individual is aware of how to take care of yourself, how to take care of your family and others around you. I don’t think we’ve felt more united over an issue. I’m not that worried about it for myself. I’m worried about it for my parents and elderly neighbours,” she explains.

“Since I’m able to help, I want to help. As a teen, it’s my job to avoid being a part of the issue. I maintain social distance. I think it’s great that my generation has been able to step up as an activist generation.”

“If you look at people like Greta Thunberg and all these teen activists, [like] David Hogg, it’s really inspiring. It’s what our generation embodies. We’re much more outspoken and able to address these issues.”

Joe Cain, 50, had an idea and posted the following on Nextdoor: “Just a friendly notice that



while we all hunker down, the restaurants and small businesses in our neighbourhood still need customers. A week of low sales can be hard and a few weeks can be devastating. Rent and payroll go on regardless, and nothing will help as much as customers' cash. Consider getting takeaway (not through an app, which will take a large percentage of profits), buying a gift voucher, or getting an extra something to put in the freezer. Keep the cash flowing in the local economy." He followed that with a long list of local businesses people can support.

"As soon as this stuff happened, I didn't go out anymore," Cain said. "And I can imagine these business

owners sitting there, trying to pay their employees and rent, because they don't have cash coming in, they're in a bind." Since he wrote the post on March 12, he's received a positive response and has done a little gift card buying himself.

"I'm not a very wealthy person, so it's not like I can buy gift cards from everybody, but I can at least broadcast that idea so people with more money can do some of this stuff," he explained.

"Like most people, we are just trying to figure out how to keep doing our jobs while there is an immediate issue in front of us that we really have to face and deal with. So it makes our long term seem less important." ■

NHS HEROES

*An NHS doctor tells us about life on the
front line of the COVID-19 crisis*

We owe an immeasurable debt to the brave workers of the NHS, who have been working around the clock to support the public through the coronavirus pandemic. We spoke to one doctor about how COVID-19 has changed his daily life



THANK YOU

JAY KHAHGIR:
CONSULTANT UROLOGICAL
SURGEON AT PRINCESS OF
WALES HOSPITAL, BRIDGEND

How has the virus affected your work? This pandemic has changed our professional lives in a way never seen before by any of us. Virtually all elective work has ceased and only emergency surgery is performed, at a location remote from where COVID-19 patients are being cared for. Normally, surgical wards are separate from medical ones but now almost all have been converted into medical wards to accommodate patients with COVID-19. As surgeons we don't normally get involved in the direct care of respiratory disorders, many of us have had to re-learn the basics of critical care to be able to help under supervision. Everyone is helping in whatever way they are able to: a consultant colleague is helping as a junior doctor in the critical care unit under the supervision of an intensivist, whereas another is helping in a nursing role. The traditional hierarchical structures are gone as everyone strives to do whatever it takes to help and keep our patients safe in a genuine atmosphere of camaraderie.

What has been the most difficult moment for you at work so far during this crisis? As a senior



consultant I have been trained to accept death as an everyday part of life and am conditioned to compartmentalise this aspect of my work from my personal and family life. Yet, being aware of the numbers of people dying from COVID-19 and the fact that many of these were potentially preventable makes this very difficult. Moreover, the death of NHS colleagues is hard to deal with for all of us.

Do you feel you have adequate provisions to do your job safely?

The national shortage of PPE has turned into a political storm and has been widely reported. There is certainly a mismatch between the continued lack of supplies at hospitals and the claims made by the government in the media. I personally

don't feel safe because my ethnicity and the medical conditions I have seem to put me at higher risk, and if I do end up requiring ventilation support it would worsen the situation by using up precious resources. Health boards are now starting to recognise this and redeploying staff more selectively, or facilitating remote working practices where possible.

What do you make of the weekly claps for the NHS? I very much appreciate the support that the British public is giving NHS staff and I am indeed very grateful for it. The clapping helps public morale, and it seems to have become a social event as people come together in isolation.

However, it gives me a sense of embarrassment as well because I don't think people realise how much more than a decade of underfunding has left this precious institution under-staffed and under-resourced.

The UK has far less intensive care beds per 100,000 population than many other less wealthy countries such as Spain, Italy, Denmark, Australia and Canada.

Pandemics are inevitable, and so although the current situation is often described as "unprecedented" the scientific community has been aware that this threat was only a matter of time. Responses have been modelled and governments advised to prepare accordingly. Consequently, the delays in

instituting social and other measures by the government when every day meant more lives would be lost is inexcusable. I don't want to be called a hero, I'd rather be given the facilities and protection to enable me to provide excellence of care for my patients without facing risks that I should not have to.

What advice would you give the public to help stop the virus? Stay at home unless it is really necessary to go out, and wash your hands with soap and water frequently.

We know that maximal viral shedding in COVID-19 occurs early in the course of the illness and that individuals may become contagious before they know they are infected. Mathematical models suggest that 40-80 per cent of transmission events occur from people who are pre-symptomatic or asymptomatic.

Sneezing and coughing may not be necessary as even normal talking and breathing releases viral particles in an aerosol form; therefore wearing home-made face masks when you go out *will* reduce the risk of transmission. We live in a time when science is distrusted, especially when scientific knowledge of an unknown virus is evolving; the misinformation from this is dangerous. Do not disregard the advice available from healthcare professionals. ■

As told to Jessica Lone Summers



Reader's Digest Recommends...

If you've already watched every show on Netflix, knitted a jumper for everyone you know and their cat, and achieved your most ambitious deep-cleaning goals during the lockdown, fear not; from yoga to theatre, the internet is a wellspring of amazing ideas on how to spend your time. Here are our editorial team's favourites...

YOGA: YOGA WITH ADRIENE

If simply standing on one leg is enough to have you wobbling around like a flailing inflatable tube man, you need Yoga with Adriene. Through easy-to-follow videos, presented with humour and understanding, yoga instructor Adriene offers classes that can be followed from your own home, no matter your skill level. Her offering ranges from one-off videos to month-long introductions to the practice.

Visit youtube.com/user/yogawithadriene

SEWING: FAST FASHION THERAPY

As we become more aware of the world slowing down and inevitably notice more of nature's gifts around us—it's a perfect time to reconsider the way we consume fashion. Take a step back from endless online orders and focus on creating your own items instead. Either concentrate on creating a statement piece to keep (or gift to a loved one) or focus on fixing a piece of clothing you already own.

Visit fastfashiontherapy.co.uk

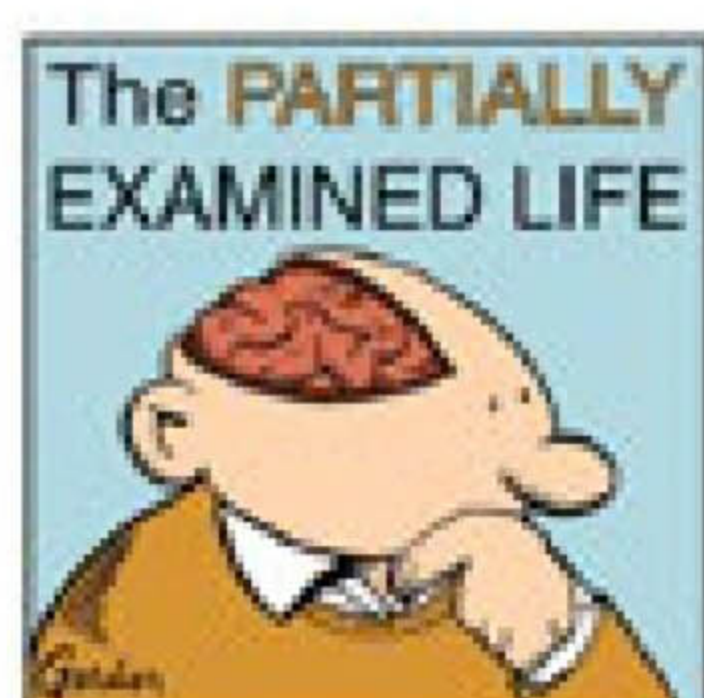
READING: PEDRO ALMODOVAR'S LOCKDOWN DIARY

All alone in isolation, the Spanish king of melodrama has decided to put all his feelings of anxiety and existential dread down on paper. Not only is it fascinating to get a glimpse of what goes on in the mind of one of the greatest living cinema auteurs during a time of crisis, but Almodovar also reveals the morsels of culture he's been consuming over these



last few weeks. It's a treasure trove of great book, film and music recommendations, that bring the director a dose of comfort and escapism.

Visit bfi.org.uk/news-opinion/sight-sound-magazine/features/pedro-almodovar-coronavirus-lockdown-diary-part-1



PODCAST: THE PARTIALLY EXAMINED LIFE

Just like Almodovar, many of us are pushed into a reflective state

of mind during these trying times. And what better way to navigate the feelings of confusion and existential angst than with the help of some of history's greatest thinkers? In *The Partially Examined Life*, four witty former philosophy students, who introduce themselves as "some guys who were at one point set on doing philosophy for a living, but then thought better of it", break down big questions and ideas in a laidback discussion.

Search "[The Partially Examined Life](#)" or Visit partiallyexaminedlife.com

ART: DAILYART APP

Available for free on both Android and iOS, the DailyArt app is a dose of fine art delivered to your phone every day. It's a brilliantly simple concept: a randomly selected painting, an engaging introduction, basic information about the piece and recommendations for similar work. It's a great way to discover new or rare pieces, or, if you're a newcomer, a handy introduction to fine art in general. Just pick a painting that grabs your attention and delve into that era!

THEATRE: NATIONAL THEATRE LIVE



Something sorely missing from our lockdown routines is the sense of "special occasion" that being at home can't quite match. Happily, the National Theatre is bringing a weekly luxury into Britain's homes as they live stream some of their most popular productions every Thursday at 7pm. Why not add to the occasion by setting up an interval bar and dressing up in your finery? Plus, a home screening has all the benefits of unparalleled views and ample leg space! Visit youtube.com/user/ntdiscovertheatre

POTTERY: BRITISH CERAMICS BIENNIAL

As the nation has picked up forgotten hobbies of yesterday, at-home clay making has come back in a big way. With so many varieties of clay projects, you're bound to find a design to suit your aesthetic needs. Perhaps you need a new flowerpot for your ever-growing plant? Or a candle holder to soothe you with your favourite scent. Both a therapeutic process and a rewarding result await as you learn the joy of a new, beautiful skill. Visit britishceramicsbiennial.com/clayathome



5 Craft Ideas To Try During Lockdown

BY Cassie Pryce

Dust off your craft kit and channel your energy into something creative during this isolation period, to help keep both your mind and hands busy



UPCYCLE FURNITURE

If you're looking to give your interior a facelift but don't want to splash out on new furniture, now is the perfect time to try your hand at upcycling. Giving a chest of drawers, a wardrobe or even dining chairs a new lease of life can completely transform your space without breaking the bank.

When painting furniture, always use a specialist furniture paint and sand and prime the surface (particularly when working with wooden) to ensure even coverage. You can go one step further and add detail by using a stencil to create a more intricate pattern, or use painter's tape to mark out a geometric design with different colours.

Aside from painting a pre-loved piece, changing the legs or handles is another way to spruce up your existing furniture, or try re-upholstering seat pads or an old ottoman with a new fabric.

ORIGAMI

This Japanese art is a popular pastime thanks to its therapeutic benefits, and now is an ideal time to keep distracted in a bid to try and reduce anxiety levels. There are numerous online and printed tutorials for you to follow, whether you're starting out as a beginner or already have some practice under your belt, and projects range from simple butterfly decorations to larger-scale wall hangings and 3D greetings cards.

While it's best to use origami paper for this craft, you can make do with leftover paper you already have at home during lockdown if you can't get to the shops.

TERRARIUM PLANTING

For the green-fingered among you, filling a terrarium is a wonderful way to incorporate nature into your craft projects whilst being stuck indoors. You can use jam jars or glass lanterns if you don't have a dedicated terrarium container; just make sure it has a wide enough opening to allow easy access for your materials.

Start off by adding the base layer of stones or gravel, to aid drainage, followed by a thin layer of charcoal. On top of this goes sandy potting soil and then your plants, moss and décor make up the top layer of the terrarium. Plants such as cacti and succulents are particularly well-suited to a terrarium environment and will require very little maintenance.

WALL HANGINGS

Decorate bare walls with an alternative to framed prints or photos, and try your hand at making a Boho-style wall hanging. All you need is a wooden, metal or plastic rod and some yarn to create your design. Make tassels, pompoms or macramé adornments from your yarn (there are numerous online tutorials) and attach these to your

central rod to build up a unique pattern. For more decorative touches, you could add beads to your strings of yarn, or even dip-dye the ends for a colourful twist.



CLAY MODELLING

Many of us won't have used clay since our school days, but if you have a few hours to kill and don't mind getting your hands dirty, this versatile material can be used in a huge range of projects—for adults and kids alike!

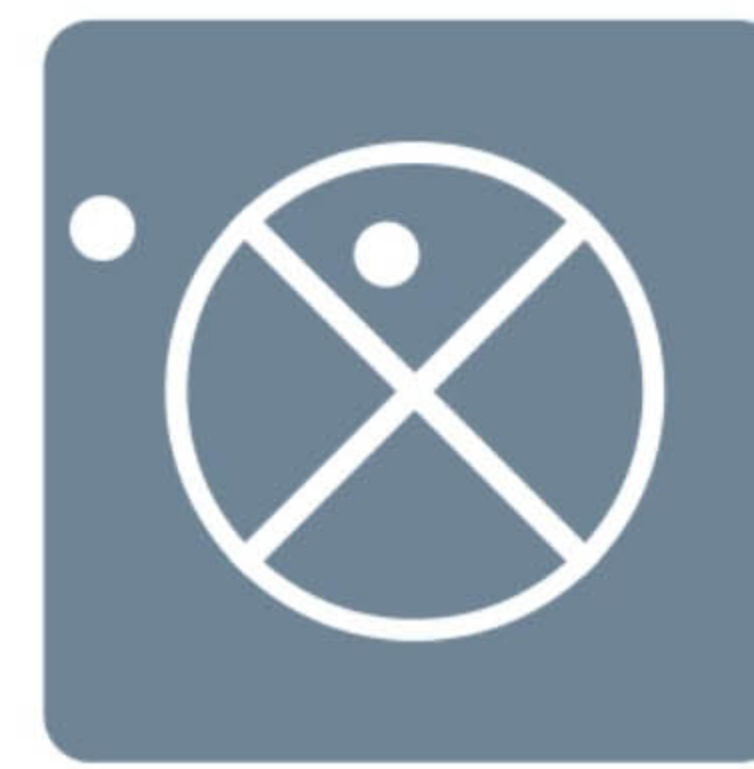
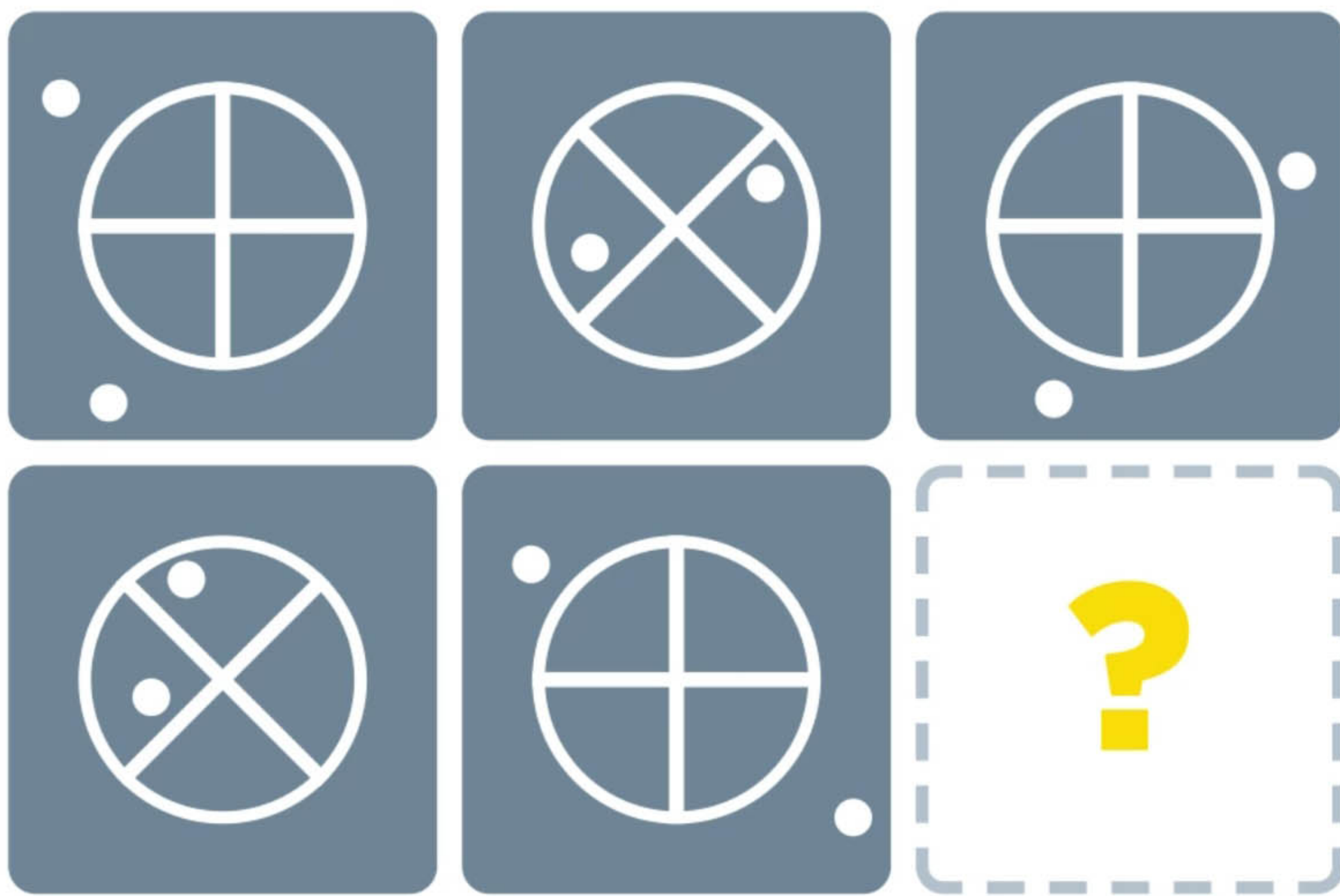
Whether you choose to use air-dry clay (which doesn't require baking in an oven) or regular modelling clay, the creative possibilities are endless; try your hand at making leaf-imprinted trinket dishes (above), jewellery, or even handmade vases to display blooms picked from the garden while florists are off limits. ■

Brain teasers

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 60

MISSING TILE

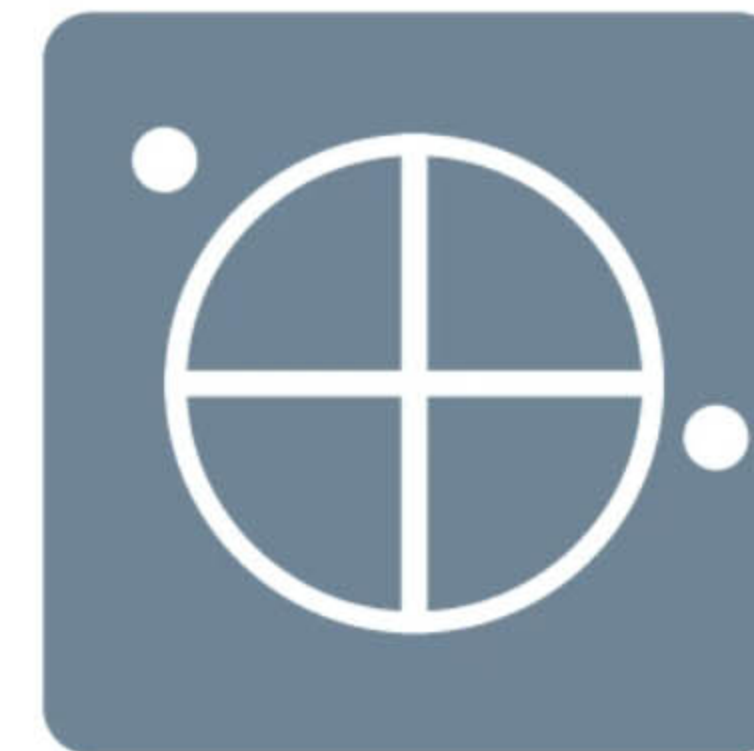
Select the tile that is missing from the bottom row.



A



B



C



D

FACTOR FINDER

Fill in each cell with either 3, 4 or 5 so that:

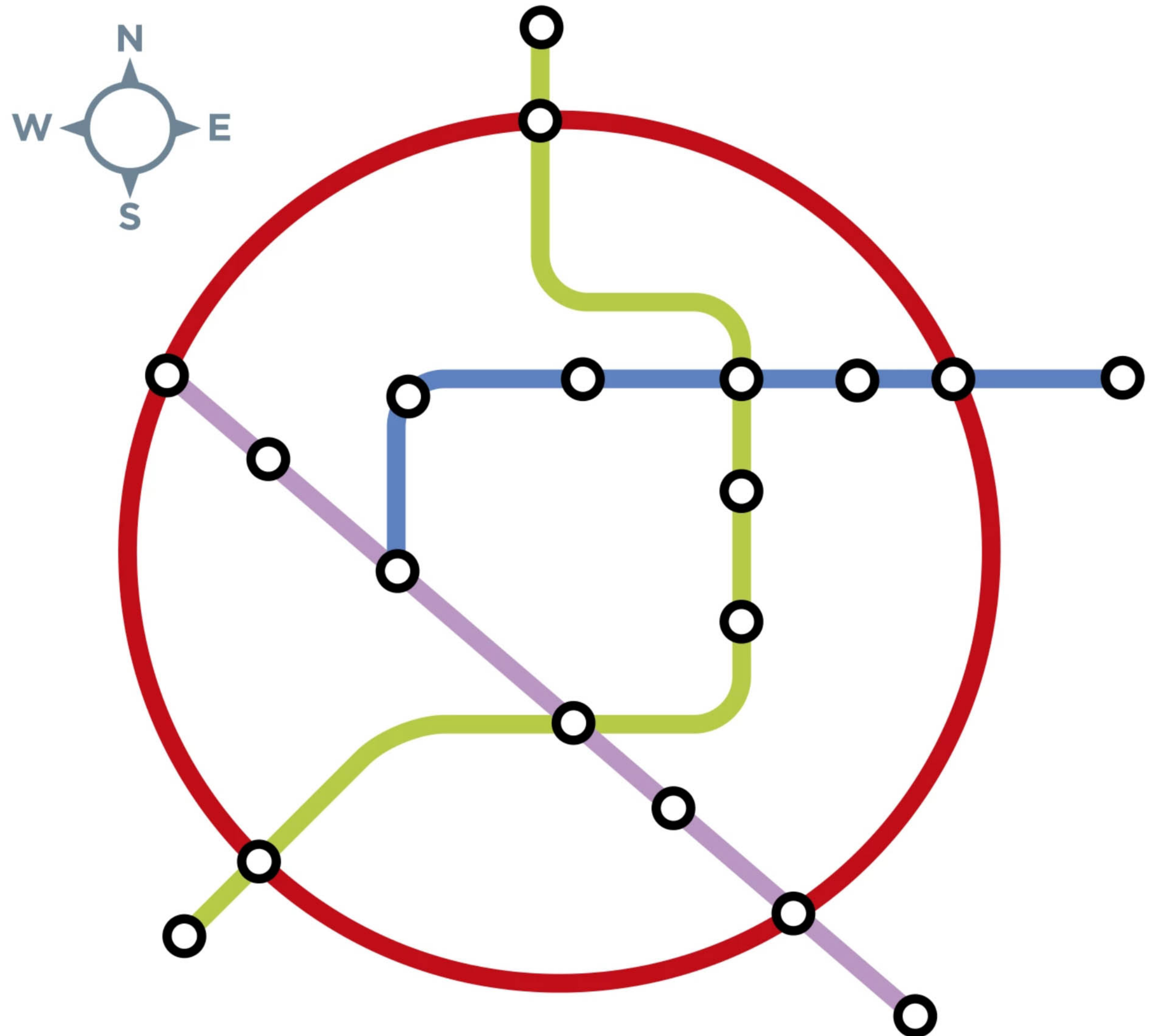
- When the numbers in each row are multiplied together, they produce the total on the right.
- When the numbers in each column are multiplied together, they produce the total on the bottom.

				225
		4		320
				500
				144
240	320	180	375	

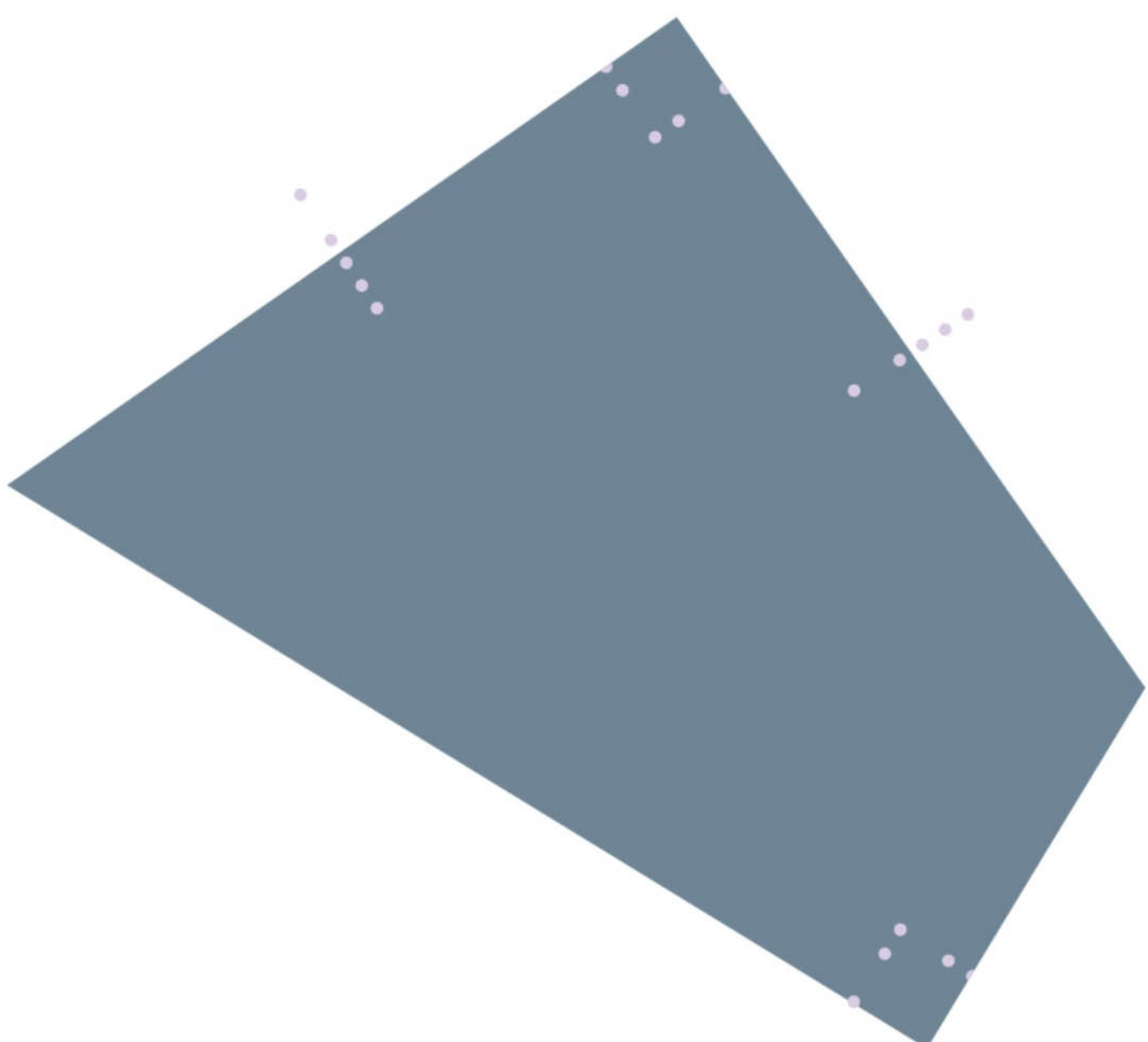
(MISSING TILE, FACTOR FINDER) MARCEL DANESI

ON THE RIGHT TRACK

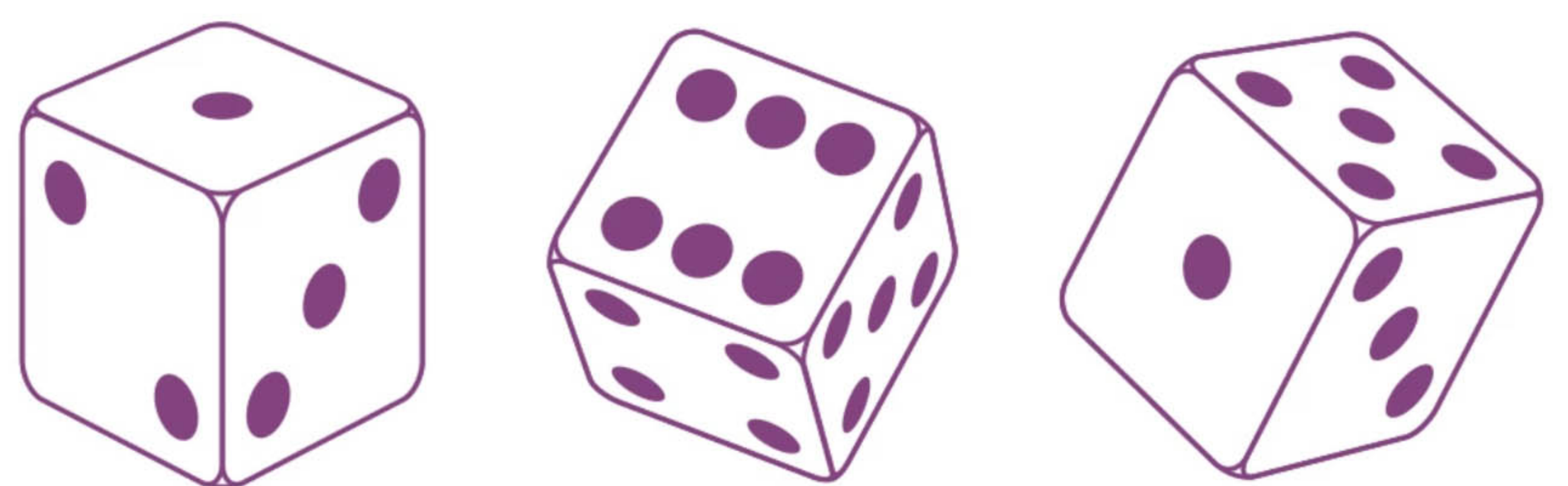
Mina lives very near to one of the four underground stations that lie outside the circle. Every station but one can be reached from Mina's station in four stops or less. Which station is Mina's?

**BE SQUARE**

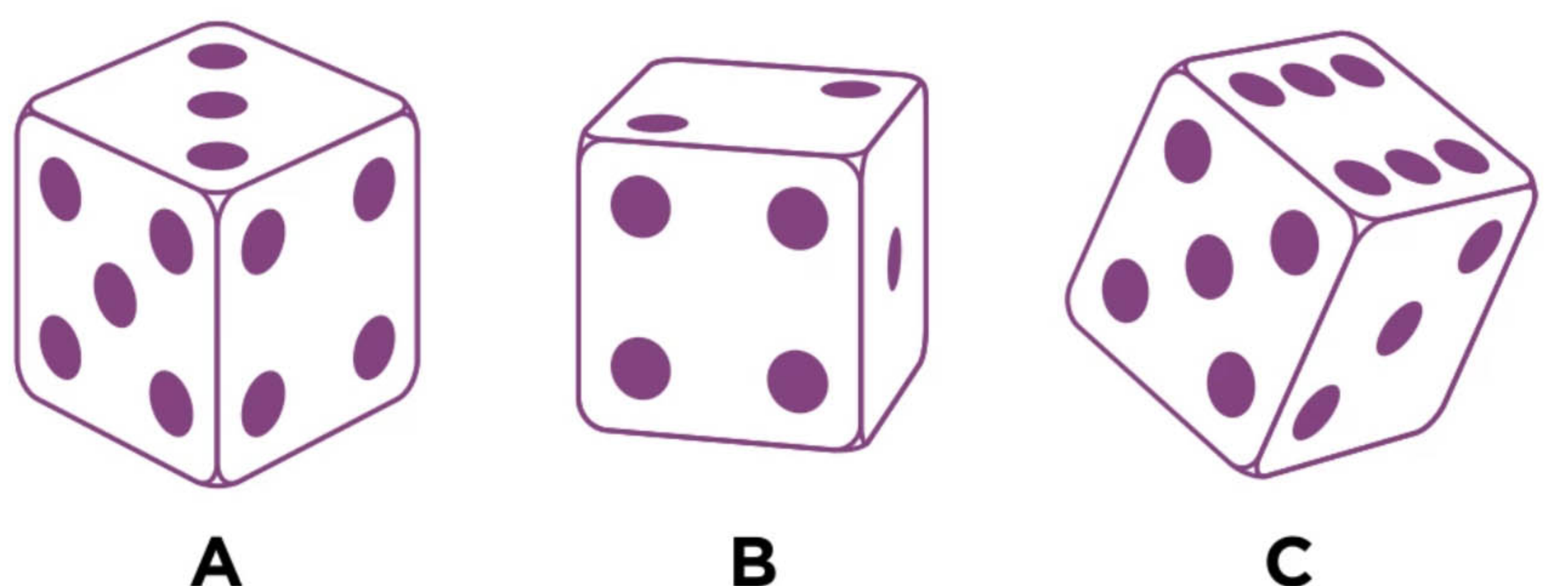
The shape below has two adjacent sides of the same length and two opposing right angles. If you had four copies of this shape, could you arrange them into a square?

**CHANGING PERSPECTIVES**

Here are three views of the same die.



Choose the image that represents yet another view of that die.



Brain teasers: *Answers*

MISSING TILE

B. The crossed circle rotates 45 degrees from tile to tile. The dots are outside the circle when the cross is parallel to the tile's edges and inside the circle when the cross is diagonal to the edges (or the dots are inside the circle every second tile.)

FACTOR FINDER

3	5	3	5	225
4	4	4	5	320
5	4	5	5	500
4	4	3	3	144

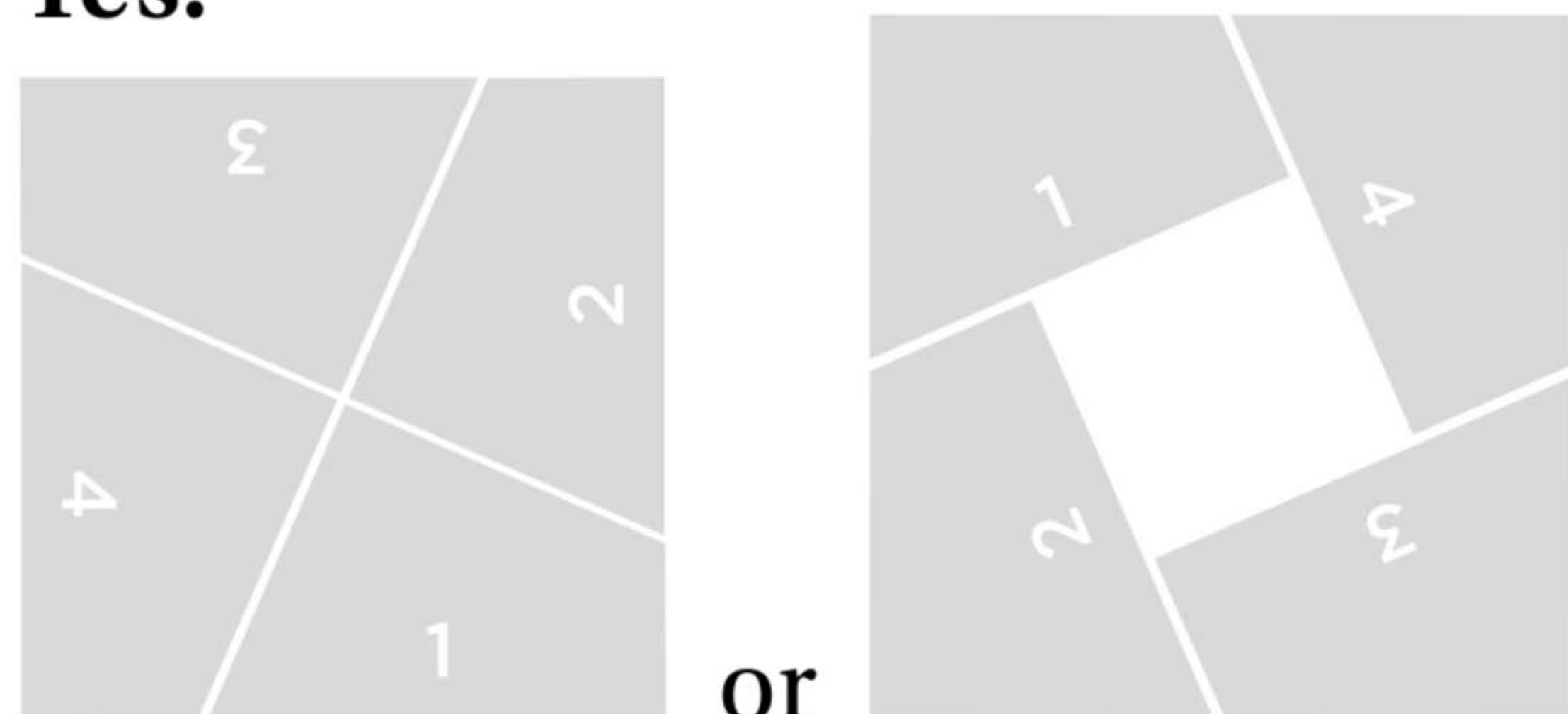
240 320 180 375

ON THE RIGHT TRACK

The station near Mina's house is at the **end of the green line in the southwest**. The one station that is more than four stops away is on the blue line, one stop west of the intersection of the blue and green lines.

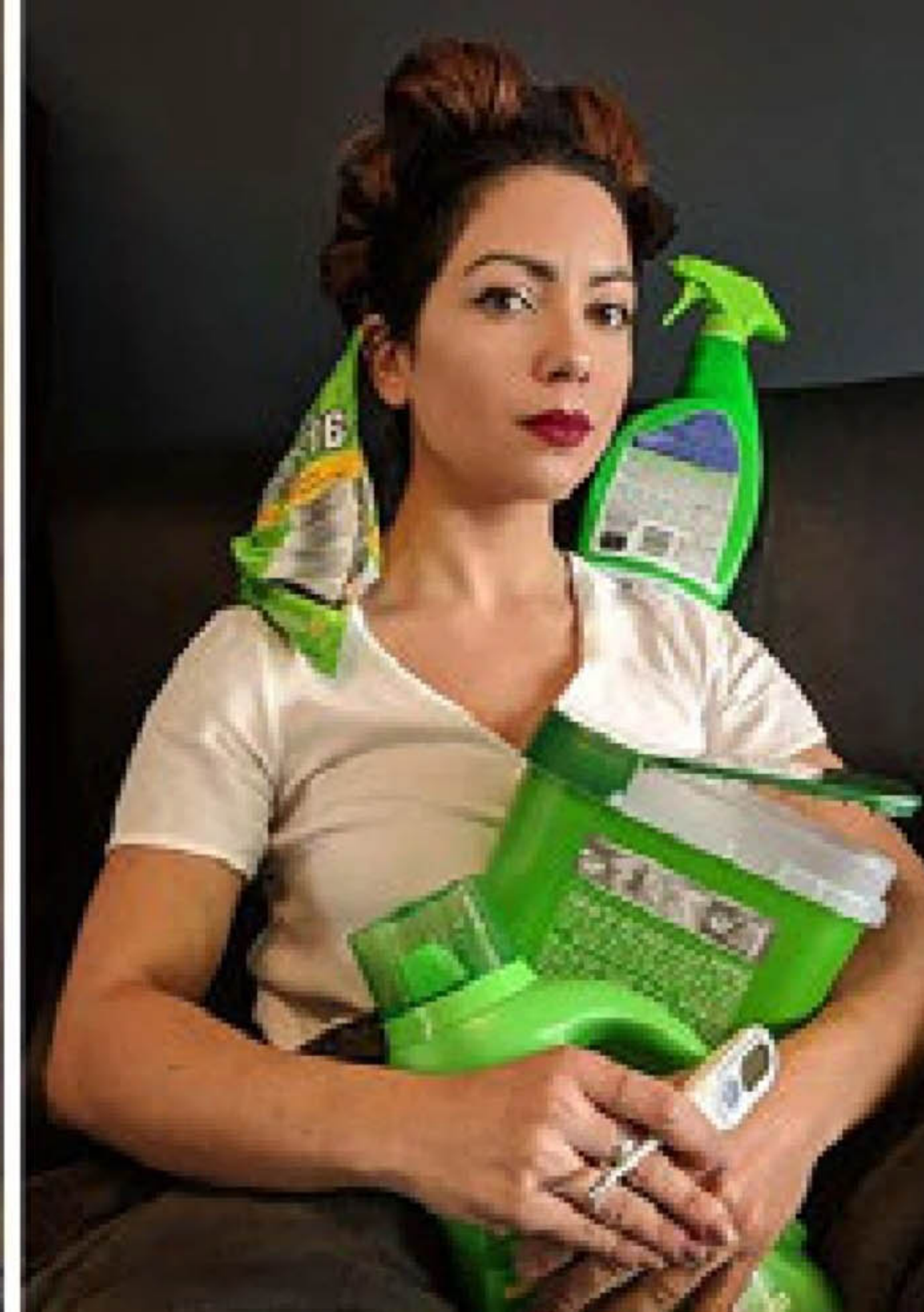
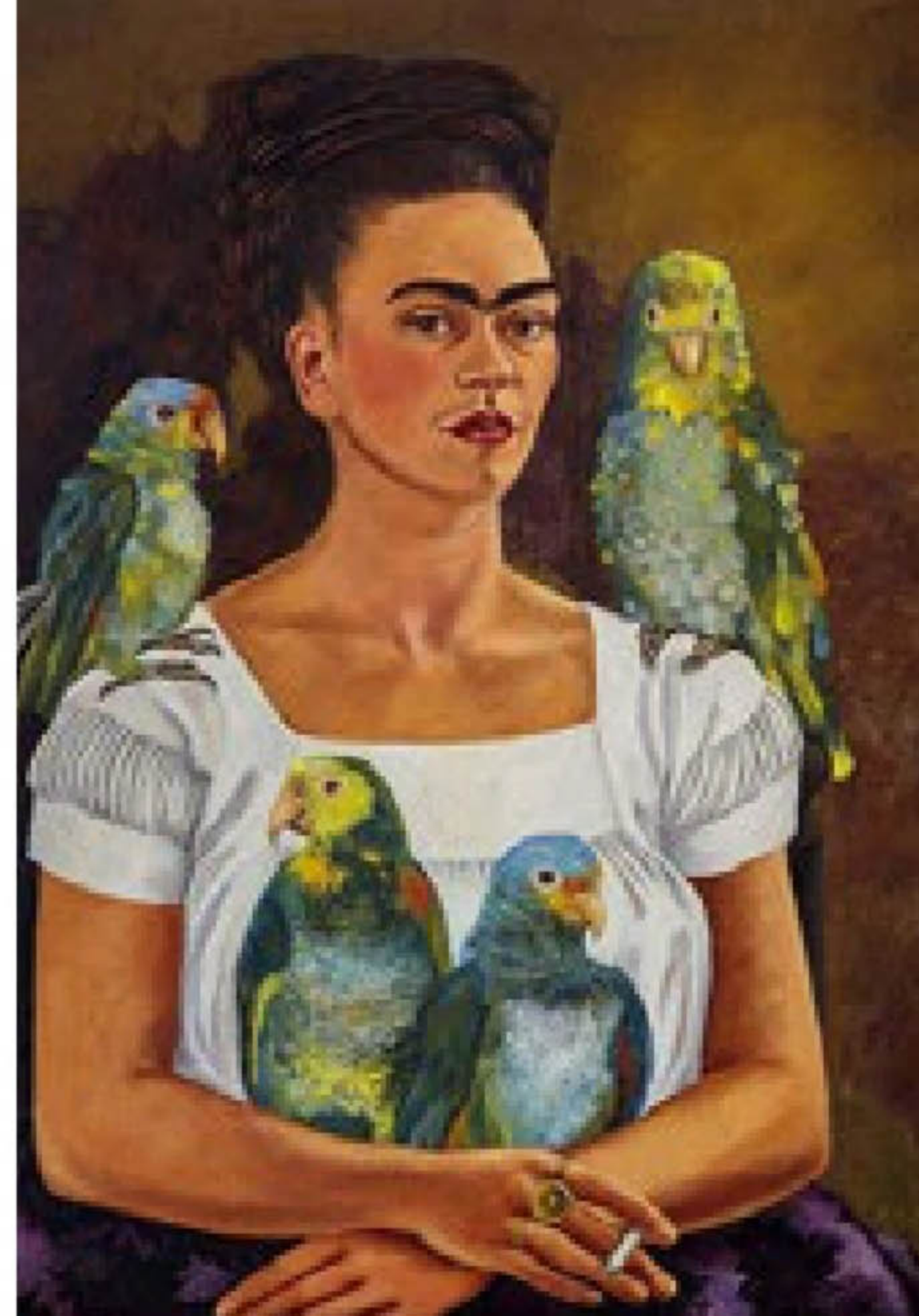
BE SQUARE

Yes.



CHANGING PERSPECTIVES

C.



Picture Perfect

BORED AT HOME DURING THE LOCKDOWN, THESE PEOPLE DECIDED TO TRY THEIR HAND AT RECREATING FAMOUS PAINTINGS

boredpanda.com



Trivia

BY Paul Paquet

1. In 2012, what became the first movie to win both the Oscar for Best Picture and France's César Award for Best Film?

2. HD 140283 is one of the most ancient known stars, at over 13.5 billion years old. It also has what biblical name?

3. New Zealand's largest city, home to over 142,000 Māori people, is known as Tāmaki Makaurau in Māori and what in English?

4. Who built a private apartment near the top of the tower named for him and entertained Thomas Edison in it?

5. Banknote collectors call it "banana money," after its artwork. Which country issued it in some of

the territories that it occupied during the Second World War?

6. In 2007, purported remains of what saint were found to be from an Egyptian mummy instead?

7. What app, a monster hit in 2016, has been credited with teaching Americans the metric system?

8. Cricket stars Clyde Walcott, Everton Weekes and Frank Worrell were all born in which city within 18 months of each other?

9. What singer staged a comeback with *The Emancipation of Mimi*, the second-best-selling album worldwide in 2005?

10. The unofficial Weißwurstäquator, or

"white sausage equator," separates Bavaria and the south from the rest of which country?

11. Sahti is a type of beer that's traditionally flavoured with juniper. You're most likely to find it in which country?

12. What actor won the inaugural Razzie Redeemer Award by going from a flop (*Gigli*) to hits (*Argo* and *Gone Girl*)?

13. There are an estimated 1,864 of which bear species in the wild?

14. A poorly supported yet persistent rumour has it that Denmark's King Christian VIII, not a shoemaker, was whose father?



15. In which national capital can you find around 200,000 gers (traditional round tents) alongside other kinds of housing?

Answers: 1. *The Artist*. 2. Methuselah. 3. Auckland. 4. Gustave Eiffel. 5. Japan. 6. Joan of Arc. 7. Pokémon GO. 8. Bridgetown, Barbados. 9. Mariah Carey. 10. Germany. 11. Finland. 12. Ben Affleck. 13. The giant panda. 14. Hans Christian Andersen. 15. Ulaanbaatar, Mongolia.

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